



# How sleep helps your brain



### Sleep

Sleep is essential for our brain and body to function properly. It restores energy, helps us process information, and prepares us for the next day.

Poor sleep can affect memory, mood, concentration, and even our physical health.

## Sleep and brain function

While we sleep, the brain actively processes and stores information, repairs cells, and removes toxins. Quality sleep helps strengthen neural connections, improving learning and problem-solving skills. Without enough sleep, it becomes harder to focus, think clearly, and regulate emotions.

#### **Benefits**

Getting enough good-quality sleep can:



Improve mood and reduce stress



Strengthen the immune system

Help maintain a healthy weight

**Boost memory and learning** 



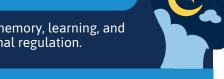
Support healthy heart function



## Types of sleep

#### **REM (Rapid Eye Movement) sleep**

Important for memory, learning, and emotional regulation.



#### Non-REM sleep

Helps the body repair tissue, promotes muscle growth, and strengthens the immune system.



## Tips for better sleep

Keep a regular sleep schedule

Create a relaxing bedtime routine

Limit caffeine and screen use before bed

Keep your bedroom cool, dark, and quiet

Get natural daylight exposure during the day







# **Sleep Sources**

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