

Good Sleep Matters
Your Sleep and **YOU**

Sleep Facts and How They Affect **Your Wellness**



NorthCare Network

WHY Sleep Matters – Part 1

SLEEPING HEALTHY means getting the right **quality** as well as **quantity** of sleep you need. *Both aspects of sleep affect wellness.* In Part 1, you will learn **why sleep matters**.

Why We Sleep. Sleep's mysteries are not fully understood. However, the medical community knows that getting **quality** sleep, and the **right quantity**, is crucial for good health. Sleep is known to play an important role in immune function, mood, memory, and learning.



Sleep allows the mind to process the day's information. It also helps body tissues and cells to be restored. Research shows that *chronic lack of sleep increases risk of many health disorders*, including **heart disease, high blood pressure, diabetes, depression, and obesity**.

Sleep is critical to proper brain function. It is thought that sleep allows the body to remove toxins from the brain that build up from being awake. *Without sleep, it is harder to concentrate and form memories.*



It's Your Choice.

The Benefits of healthy sleep include:

- *Being alert and having more energy*
- *Feeling positive and reducing depression*
- *Decreasing risk of chronic diseases*
- *Helping to better manage chronic pain*
- *Helping to achieve weight-loss goals*

SLEEPING HEALTHY helps prevent or manage such conditions as **chronic pain, depression, diabetes, high blood pressure, heart disease, and obesity**.



What Is Sleep – Part 2

SLEEPING HEALTHY means getting the right **quality** as well as **quantity** of sleep you need. *Both aspects of sleep affect wellness.* In Part 2, you will learn **what your body does during sleep.**

What Is Sleep? Sleep is a *complex and dynamic process* when the brain performs restorative biological functions for your body. **Getting quality sleep is critical to survival.** About one-third of our time is spent sleeping. Adults need, on average, **8 hours of sleep per night.**

There are **two basic types of sleep**: 1) **non-REM (Rapid Eye Movement) sleep** and 2) **REM sleep.**

Non-REM Sleep

Stage 1: You begin to relax your muscles and your breathing and heart beat slow down. It might take 10 minutes before you enter Stage 2 sleep.

Stage 2: Your body temperature drops and muscles relax more. You are sleeping lightly. Your body prepares for deep sleep.

Stage 3: You have the lowest level of breathing and the slowest heartbeat. *This stage of sleep is your deepest.* You need it to feel refreshed in the morning. During Stage 3 sleep, the body repairs and regrows tissue, builds bone and muscle, and strengthens the immune system.

REM Sleep

- Occurs about 90 minutes after falling asleep, once Stage 3 sleep is completed.
- Most dreaming happens during REM sleep when your brain becomes active.

You need both types of sleep for memory function.



The above stages of sleep **repeat themselves about 4 to 5 times a night.**
With each cycle, your REM sleep increases in length.