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Sleep is a state of reduced mental and physical activity in which consciousness is altered and certain sensory activity is inhibited

During sleep there is a marked decrease in muscle activity and interactions with the surrounding environment Jun 1 2025 Sleep impacts nearly every part of your health from brain function to immune strength

Learn what happens in each phase of sleep how to manage common disruptions and simple ways to improve sleep hygiene. What is sleep and why is it important? May 15 2024 About Sleep Key points Good sleep is essential for our health and emotional well-being

Getting enough sleep and good sleep quality are essential for healthy sleep. The amount of sleep you need changes as you age. Talk to your healthcare provider if you have problems sleeping Jul 22 2025 Getting enough quality sleep is essential for both mental and physical health

Key benefits of sleep include Like eating well staying hydrated and exercising regularly getting enough quality sleep is essential for your overall health Jan 31 2025 Consider simple tips for better sleep from setting a sleep schedule to including physical activity in your daily routine

Many factors can interfere with a good night's sleep from work stress and family responsibilities to illnesses. It's no wonder that quality sleep is sometimes elusive. Sleep accounts for one quarter to one third of the human lifespan

But what exactly happens when you sleep? Before the 1950s most people believed sleep was a passive activity during which the body and brain were dormant Jun 19 2023 You spend about one third of your life sleeping but it's still something many struggle with

Researchers and experts also struggle with it because of the mysteries surrounding how and why we sleep and what happens to us while we do. 3 days ago Certain sleeping positions such as side sleeping may be beneficial for your health

Experts suggest that sleeping on your stomach or back may have various health implications Dec 9 2025 Sleep is a natural process that helps your body restore energy supports learning and memory and keeps you healthy

During sleep your brain cycles through different stages of non-rapid eye movement (non-REM sleep) and rapid eye movement (REM sleep). Getting a good night's sleep every night is vital to cardiovascular health

Adults should aim for an average of 7-9 hours and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease studies show. What are the benefits of good sleep?

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