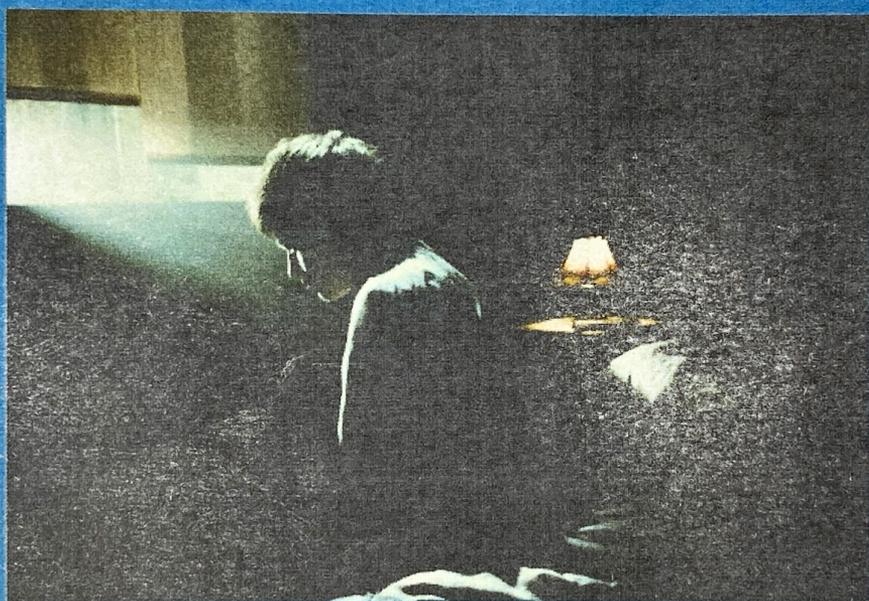


Why do humans sleep?



SLEEP FEELS SIMPLE BUT YOUR BODY WORKS THE WHOLE TIME.
WHEN YOU SLEEP YOUR BRAIN CLEARS OUT STRESS, REPAIRS
CELLS, AND RESETS YOUR ENERGY.
DEEP SLEEP HELPS YOU THINK CLEARLY AND REMEMBER
THINGS BETTER THE NEXT DAY.

BY CHARLEY PRESTRIDGE

It starts with exhaustion



WHEN YOU GET TIRED YOUR BRAIN MAKES MORE ADENOSINE A CHEMICAL THAT BUILDS UP ALL DAY AND CAUSES SLEEPINESS.

YOUR BODY PULLS YOU TOWARD REST EVEN WHEN YOU FIGHT IT BECAUSE SLEEP IS THE ONLY WAY ADENOSINE LEVELS DROP.

STUDIES SHOW THAT YOUR BRAIN NEEDS DARKNESS AND QUIET TO START THIS PROCESS, WHICH IS WHY YOUR BODY WANTS SPACE AND STILLNESS AT NIGHT.

A GOOD BED WILL ALWAYS MAKE YOU SLEEPY

YOUR BED BECOMES SOMETHING YOUR BRAIN RECOGNIZES — THIS IS CALLED "SLEEP ASSOCIATION."

SLEEP RESEARCHERS EXPLAIN THAT WHEN YOUR BODY FEELS SAFE AND SUPPORTED, YOUR BRAIN LOWERS STRESS HORMONES FASTER. A GOOD MATTRESS REDUCES PRESSURE ON JOINTS AND CAN HELP YOU FALL ASLEEP QUICKER.

STUDIES EVEN SHOW THAT THE RIGHT BEDDING TEMPERATURE IMPROVES SLEEP QUALITY.

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DRIFTING OFF



WHEN YOU DRIFT OFF YOUR MUSCLES RELAX AND YOUR BREATHING EVENS OUT THIS SHIFT IS CONTROLLED BY YOUR PARASYMPATHETIC NERVOUS SYSTEM.

SCIENTISTS SAY THIS IS THE FIRST STEP TOWARD REAL REST BECAUSE YOUR BODY STOPS USING ENERGY TO HOLD TENSION

A good nap can fix anything

Short naps restore alertness, lower stress, and help memory. Studies show even a 20-minute nap boosts mood and focus.

GOOD SLEEP KEEPS YOUR HEART STEADY AND HELPS REGULATE HUNGER AND STRESS HORMONES LIKE CORTISOL. DOCTORS SAY PEOPLE WHO SLEEP WELL HAVE BETTER IMMUNE SYSTEMS AND RECOVER FASTER FROM DAILY STRESS.

BEING TIRED MAKES EVERYTHING HARDER RESEARCH SHOWS SLEEP LOSS MAKES IT HARDER TO FOCUS, LEARN NEW THINGS, AND CONTROL EMOTIONS.

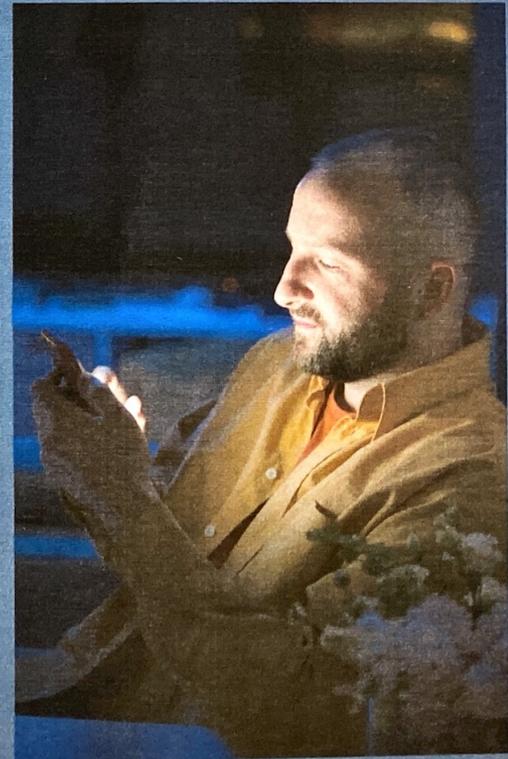
WHEN YOU FINALLY SINK INTO DEEP SLEEP YOUR BRAIN SORTS
MEMORIES

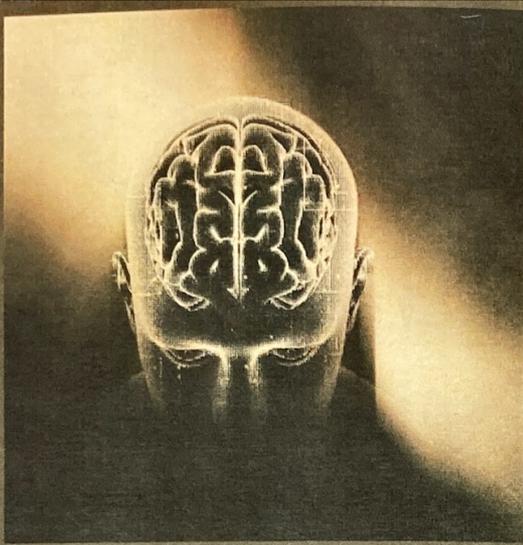
DEEP SLEEP (N3) IS WHEN YOUR BRAIN STRENGTHENS
IMPORTANT MEMORIES AND CLEARS OUT WHAT YOU DON'T
NEED.

HARVARD SLEEP STUDIES SHOW THAT PEOPLE REMEMBER
INFORMATION BETTER AFTER A FULL NIGHT OF SLEEP.



KEEPING A ROUTINE, LIMITING SCREENS BEFORE BED, AND
KEEPING YOUR ROOM DARK HELPS YOUR BRAIN RELEASE
MELATONIN — THE HORMONE THAT MAKES YOU SLEEPY.
RESEARCH SHOWS SCREEN LIGHT DELAYS THIS HORMONE AND
MAKES IT HARDER TO FALL ASLEEP.





DURING REM SLEEP YOUR BRAIN REPLAYS MEMORIES, WORKS THROUGH FEELINGS, AND HELPS YOU PROCESS STRESS. EXPERTS SAY REM IS IMPORTANT FOR STAYING MENTALLY BALANCED.

SLEEP WILL CONTROL YOUR DAY



MOST TEENS AND ADULTS NEED AROUND 8-9 HOURS TO STAY HEALTHY DOCTORS SAY.

SLEEPING ENOUGH KEEPS YOUR MOOD STEADY, HELPS YOU THINK CLEARLY, AND LOWERS STRESS.

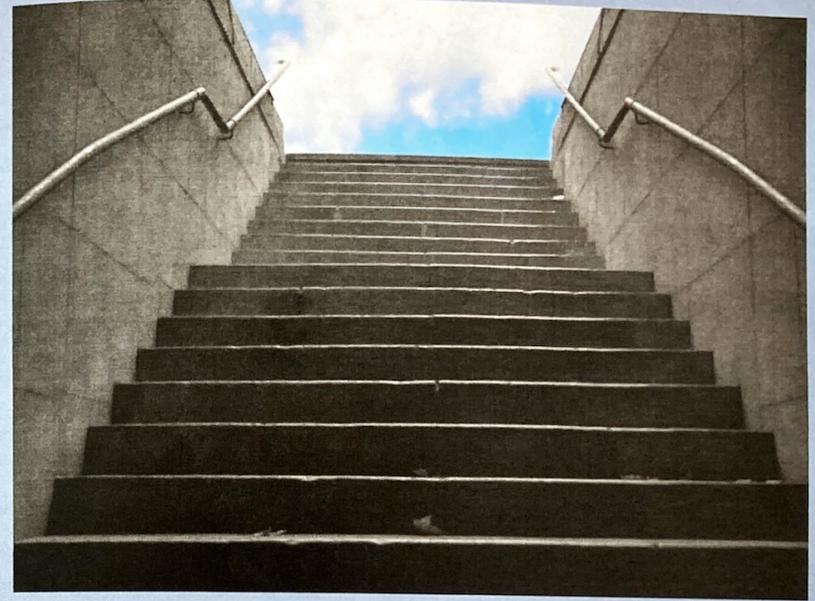
YOUR BODY NEEDS DOWN TIME



**WHEN YOU DON'T SLEEP ENOUGH YOUR FOCUS DROPS,
YOUR REACTIONS SLOW DOWN, AND EVERYTHING FEELS
HARDER.**

**LACK OF SLEEP AFFECTS THE PART OF YOUR BRAIN THAT
HANDLES ATTENTION AND SELF-CONTROL.**

SLEEP IS WHEN MEMORIES SETTLE

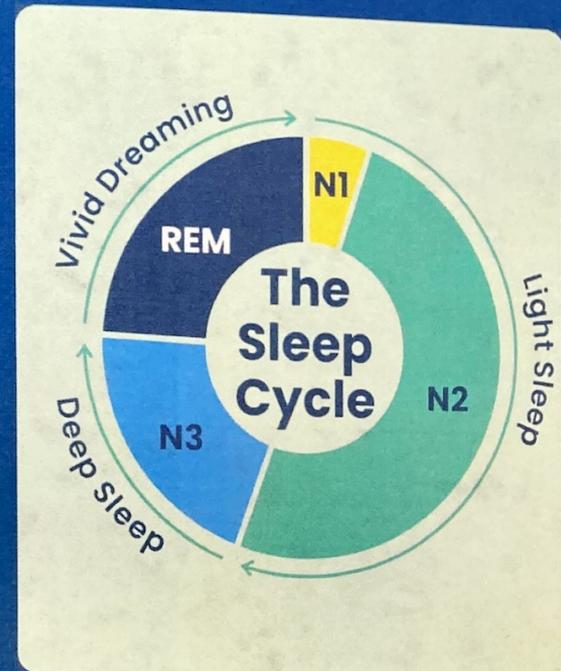


**BEING TIRED MAKES EVERYTHING HARDER
WHEN YOU DON'T SLEEP YOUR REACTION TIME SLOWS AND
YOUR MOOD DROPS BECAUSE YOUR BRAIN CAN'T REGULATE
EMOTIONS AS WELL.
THE CDC SAYS SLEEP LOSS AFFECTS DECISION-MAKING THE
SAME WAY MILD ALCOHOL DOES.
SLEEP BRINGS YOU BACK TO NORMAL SO YOU CAN ACTUALLY
FUNCTION.**



BEING TIRED MAKES EVERYTHING HARDER. YOUR MIND SLOWS
YOUR REACTIONS DRAG YOUR MOOD SLIPS. SLEEP BRINGS
YOU BACK TO NORMAL SO YOU CAN ACTUALLY FUNCTION.

THIS IS THE LIGHT STAGE OF SLEEP WHEN YOUR BRAIN
WAVES SLOW DOWN.
RESEARCH SHOWS THIS STAGE HELPS YOUR MIND
DISCONNECT FROM THE DAY SO DEEPER SLEEP CAN
BEGIN..



THE SLEEP CYCLE
(ERIC SUNI)



YOUR BED BECOMES A PLACE YOUR BODY RECOGNIZES. THE SECOND YOU LAY DOWN EVERYTHING LOOSENS A LITTLE BIT. COMFORT PULLS YOU INTO REST.

THE
MIND
HAS SO
MUCH
SPACE

EVERY TIME YOU FALL ASLEEP YOUR BODY BEGINS REPAIRING MUSCLE, BALANCING STRESS HORMONES, AND LOWERING YOUR HEART RATE. RESEARCHERS HAVE FOUND THAT EVEN SHORT PERIODS OF REST GIVE YOUR BRAIN MORE ROOM TO PROCESS THOUGHTS AND EMOTIONS.



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