

Benefits of Sleep



Better Heart and Circulatory Health

During non-REM sleep, your blood pressure and heart rate are lower. This means your heart is not working as hard as when you are awake.

Hormone Regulation

Your body makes different hormones at different times of the day. This may be related to your sleep pattern or circadian rhythm.

Better Metabolism

The way your body handles fat depends on various circadian clocks in your body. These ensure that your organs are prepared to help digest fats at appropriate times. Your body may handle fat differently if you eat at unusual times.

Better Immune Health

Sleep affects different parts of your immune system, which become more active during different times of day. This is why people who do not get enough sleep may be more likely to get sick.

Better Heart and Circulatory Health

Sleep helps with learning and memory consolidation. Not getting enough high-quality sleep can affect your ability to focus and think clearly.

MedEdMaterials.org

Sources:

<https://www.mayoclinic.org/healthy-lifestyle/adult-health/expert-answers/how-many-hours-of-sleep-are-enough/faq-20057898>

<https://www.nhlbi.nih.gov/health/sleep/why-sleep-important>

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

