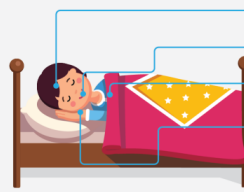


20 Surprising Benefits of Sleep


In the Long Term



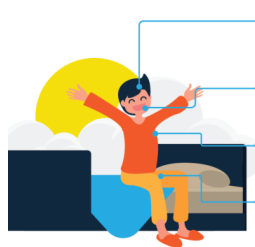
- Improve learning and memory**
Sleep helps you learn and remember things. Both kids and adults show better problem solving and memory skills with good sleep.
- It makes you happier**
A study of 907 working women found that a poor night's sleep affects their happiness as much as tight work deadlines do.
- You'll live longer**
Aim for 7 to 8 hours of sleep every night. Too much (9 or more hours) or too little (6 hours or less) sleep can shorten your life.
- Sleep reduces inflammation**
Increased stress hormones caused by lack of sleep raises inflammation in your body. This ups your risk of heart disease, diabetes and cancer.

- Better immune function**
A little sleep loss is enough to dampen your immunity. This makes you more susceptible to colds, flus and viruses.
- Better Athletic Performance**
Larson James, Usain Bolt and Maria Sharapova all sleep 10 or more hours a day. That's because longer sleep improves speed, accuracy, reaction time and mental well-being.
- Help you lose weight and stay fit**
You're more likely to be overweight or obese if you sleep less than 7 hours a night. Lack of sleep also affects ghrelin and leptin, both appetite hormones. This causes you to eat more.
- Let's you build muscle more easily**
After working out, sleep lets your body repair and rebuild muscle tissues so they can get stronger. Your body also releases growth hormones while you slumber.
- Healthier, younger looking skin**
Sleep slows down aging. It also allows your body to recover from stress, anxiety and depression which can cause skin problems.
- Cut your risk of developing diabetes**
Compared to adults who sleep 7 to 8 hours nightly, those who sleep 5 and 6 hours are 2.5 and 1.7 times more likely to develop diabetes.

- Improves your mood and makes you less likely to be depressed**
Sleep affects many chemicals in your body, including serotonin. Low levels of serotonin make you more likely to experience depression.
- Healthier Heart**
Studies show that short sleepers are at higher risk of heart disease or stroke compared to those who sleep 7 to 8 hours nightly.
- Sleep may help prevent cancer**
Night shift workers have a higher risk of breast and colon cancer. Their inverted time clock disrupts their circadian rhythm and melatonin levels which affect tumor growth.



Next Day After a Good Night's Sleep



- Enough sleep prevents headaches and migraines**
Studies show that poor sleep quality is linked to migraines and headaches. Between 36 to 58% of people with sleep apnea wake up with headaches.
- Lower stress**
Not enough sleep puts your body in a state of stress. When the body is at high alert, it releases stress hormones that increase blood pressure.
- Improve focus and attention**
A 2009 study found that kids ages 7 and 8 who sleep less than 8 hours nightly are more likely to be hyperactive, inattentive, and impulsive.
- It helps you avoid accidents and errors**
Drowsy driving causes 100,000 crashes and 1,500 deaths yearly. Medical residents who slept more also make fewer serious errors.

- You'll have better sex**
Not enough sleep reduces your sex drive. It also increases your risk of sexual dysfunction. Meanwhile, sleep restores your sex hormones.
- You're less easily irritated or upset**
You get easily irritated and more emotionally volatile when you don't get enough sleep. Even small things can tick you off.
- Improves productivity and concentration**
Good sleep lets you wake up refreshed and energized. This leads to better cognition, concentration, productivity and performance.

Sources

Boston University School of Medicine, Bradley University, Brigham and Women's Hospital, Carnegie Mellon University, Centro de Estudos em Psicobiologia e Exercício São Paulo (Brazil), Forbes.com, Harvard Medical School, Hôpital Le Colombière (France), Icahn School of Medicine at Mount Sinai, Imam Khomeini International University (Iran), Mayo Clinic, National Academies Press, National Sleep Foundation, Princeton University, Stanford University, Universidade Federal de São Paulo (Brazil), University Hospitals Case Medical Center, University of Calgary, University of California Berkeley, University of Colorado, University of Oklahoma Health Sciences Center, University of Pennsylvania School of Medicine, University of Washington School of Medicine, University of Wisconsin, Warwick Medical School