

HEALTHY LIFESTYLE: SLEEP

*Автор работы,
студент группы
МБ-175:
Попова Д.В.*

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Two types of people

There is a distinction between people who jump out of bed early every morning and fling themselves straight into their challenging schedule and those who lie there for ages before struggling to the kitchen to make themselves their first caffeine kick of the day.

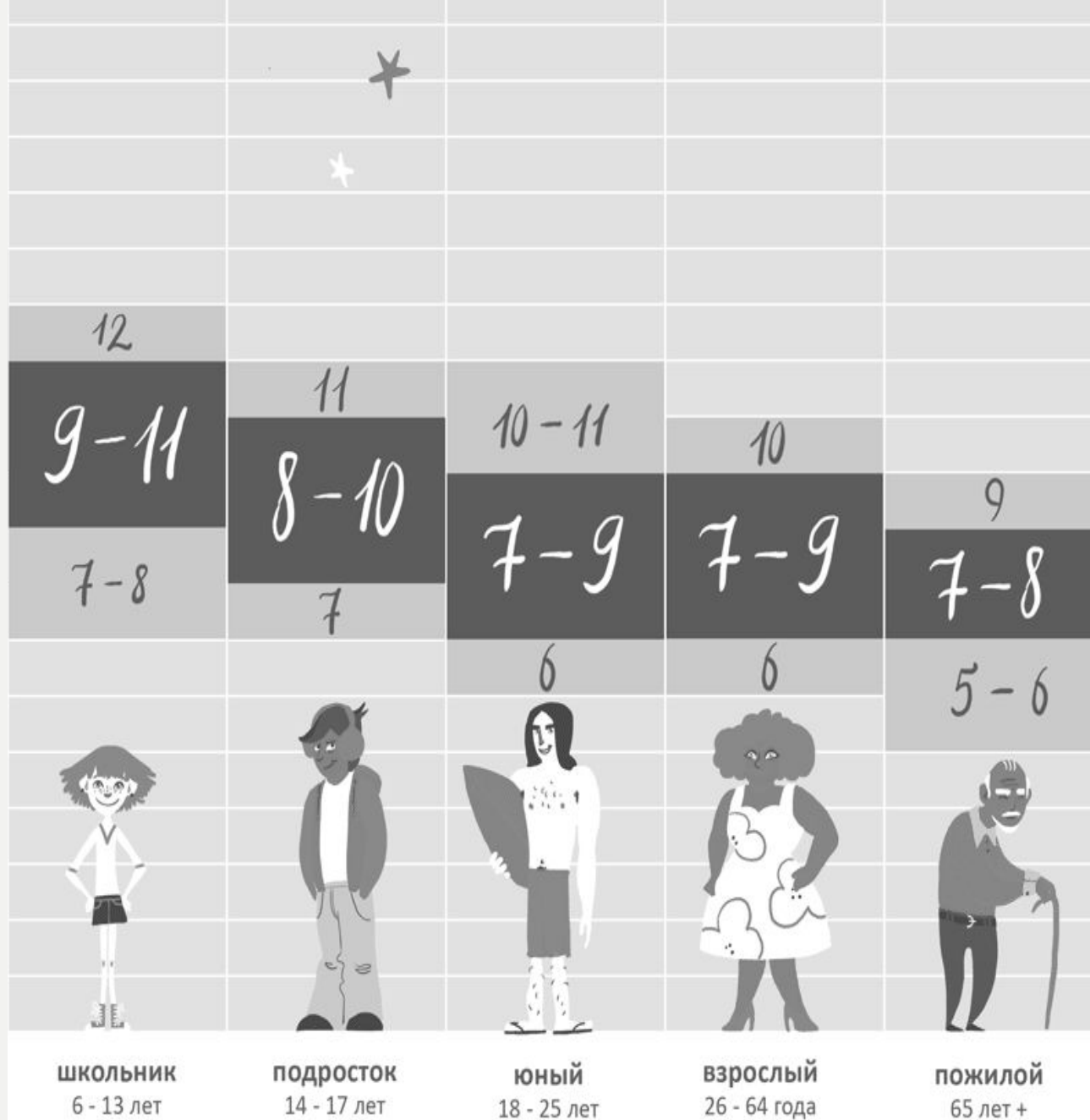


Why do you need sleep at all?

- Sleep favourably affects the organs and muscles: it helps them to rest;
- neutralizes toxins that are produced during the day;
- forms a long-term memory, strengthens new skills;
- analyzes the General state of the body;
- forms immunocompetent cells, in other words, increases immunity.

How much sleep is necessary for health?

Your body needs adequate sleep to repair and recharge itself. Experts recommend an average of about 8 hours sleep a night. Too little sleep can affect your mood, your work, and how you feel.



Do you get enough sleep?

To determine whether you are getting enough sleep, ask yourself:

- Am I often tired?
- Am I using caffeine to get through the day?
- Do I sleep well?
- Do I wake up feeling refreshed?
- Do I get drowsy while driving or watching TV?

One hour before sleep time

To get yourself the best night's sleep, it is important to establish a wind-down hour to make the transition from your active day and evening activities to your sleep time. By taking an hour to just chill out and relax before going to sleep, you will find that your sleep is far more restful, and calming.



What are the health effects of not getting enough sleep?

Sleep is important for overall health. When you don't get enough sleep (sleep deprivation), it does more than just make you feel tired. It can affect your performance, including your ability to think clearly, react quickly, and form memories. This may cause you to make bad decisions and take more risks. People with sleep deprivation are more likely to get into accidents.





Get enough sleep

Sufficient sleep is essential to a healthy mind and body. Your life improves in every way when you wake feeling refreshed and ready for the day ahead.

Thank you for attention!