

Sleep Benefits

- **Reduces Your Stress**

A good night's sleep can lower blood pressure and the elevated levels of stress hormones which are a natural result of today's fast paced lifestyle. There are physical effects of stress such as excess 'wear and tear' on your body, and an increase in the aging and degeneration of organs, cells and other body parts. By reducing high levels of stress, sleep helps to reverse these effects and encourages a state of relaxation.

- **Improves Your Memory**

That 'foggy' feeling that you struggle with when deprived of sleep makes it difficult to concentrate. This often leads to not being able to 'commit to memory' facts, faces, lessons or even conversations! Sleeping well eliminates these difficulties because as you sleep, your brain is busy organizing and correlating memories. One of the great benefits of sleep is that it allows your brain to better process new experiences and knowledge, increasing your understanding and retention.

- **Helps Control Your Body Weight**

Now, this one might surprise you! One of the lesser known benefits of sleep is that it helps regulate the hormones that affect and control your appetite. Studies have shown that when your body is deprived of sleep, the normal hormone balances are interrupted and your appetite increases. Unfortunately this increase in appetite doesn't lead to a craving for fruits and veggies, no, instead your body longs for food high in calories, fats and carbohydrates!

- **Repairs Your Body**

Your body produces extra protein molecules while you're sleeping, and these help to mend your body at a cellular level. The damage from all kinds of things, such as stress, pollutants, infection, and so on, is repaired while you're asleep.

- **Keeps Your Heart Healthy**

Your heart and cardiovascular system is constantly under pressure, and one of the benefits of sleep is that it helps to reduce the levels of stress and inflammation in your body. High levels of 'inflammatory markers' are linked to heart attacks, heart disease and strokes. Sleep can also help keep blood pressure and cholesterol levels lower.