



BENEFITS OF SLEEP: IMPROVE MOOD, ENERGY & FOCUS

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WHAT HAPPENS WHEN YOU SLEEP

- Light Sleep: Helps your body transition from wakefulness to restorative rest.
- Deep Sleep: Promotes tissue repair, muscle growth, and immune function.
- REM Sleep: Supports memory consolidation, learning, and emotional processing.
- Understanding these stages helps you appreciate why quality sleep—not just quantity—is crucial for overall health.

SLEEP AND PHYSICAL HEALTH

- Heart Health: Reduces risk of hypertension and cardiovascular disease.
- Immune Function: Boosts resistance to infections and improves recovery.
- Weight Management: Regulates hunger hormones like ghrelin and leptin.
- Muscle Recovery: Supports tissue repair and growth after exercise.
- These effects highlight why sleep is as important as diet and exercise for overall wellness.

RECOMMENDED SLEEP DURATION BY AGE

Sleep needs vary depending on your age:

- Adults (18-64): 7-9 hours per night.
- Older Adults (65+): 7-8 hours per night.
- Teenagers (14-17): 8-10 hours per night.
- Meeting these guidelines helps maximize the benefits of sleep for mood, energy, and focus.



THANK YOU