

# HEALTH

## BENEFITS OF SLEEP

### Immune System

During sleep your body produces cytokines which is a hormone that fights infections. When you sleep you also rebuild and repair your body so there will also be less aches and pains.

### Mental & Emotional

Sleep helps one store memories and then in return helps you learn information. Lack of sleep affects your response time in every day life. Emotionally sleep can affect your mood. Causing you to be irritable. This can also have effects on depression and anxiety.

### Physical Health

If you don't get enough sleep your body produces certain hormones in excess like Ghrelin (hunger stimulating hormone) and reduces the levels of leptin (chemical that makes you feel full). If sleeping less than 7 hours, odds are increasing for becoming obese. Obesity increases your chance of heart disease, high blood pressure and type two diabetes.

## Dos and Don'ts of sleep

### Don't

Leave the Tv on  
Scroll on phone while laying in bed  
Intense Exercise right before bed

### Do

Keep room quiet, dark, & cool  
Read a book,  
Take a bath/shower  
Yoga, or mediation

