

Teenage health sleep:

Sleep is one of the most important and healthiest parts of human life and yet, many people don't get enough of it. During sleep your muscles relax, your memories are saved and enhanced, your tissues regenerate and your energy is restored. Sleep is no doubt a good thing and here are some things to let you know how much important it really is:

Rules what to know about sleep

Sleep reduces your risk of physical illnesses: Getting enough sleep reduces your risk of cancer, heart diseases, obesity and emergency conditions like heart attack and stroke than if you would sleep less than you need.

Sleep is good for your mental health as well: Sleep is a way of your brain cleaning up waste that was made while being awake. Not only sleeping decreases your risk of getting illnesses like Alzheimer or sclerosis but it also makes you less likely to develop depression, anxiety and schizophrenia and makes you less likely to burn out

Sleep slows down aging: During sleep your DNA is repaired and your entire body regenerates so if you sleep enough, you will live longer.

Sleep is good for your mind: You have most likely seen someone tired being irritable and moody, so at least, you do no putting Netflix or Instagram down an hour earlier.

Sleep is good for your focus and performance: Again, your brain is refreshing itself up, so sleep is necessary for your brain to work. Not sleeping enough makes your concentration much worse and performance much worse.

It is not good to sleep 6 hours and less: If you sleep less than 7 hours a day, you most likely would feel fine, but your work performance, memory and reaction time are going to decrease. There are some people who don't need more than six or even four hours of sleep a night, but most people do. And with all mentioned above, you won't do anything wrong by going to bed before midnight.

Advices:

As an adult you should sleep 6-8 hours, while you should sleep 7-10 hours.

For falling asleep better, you should avoid blue light. When your brain is exposed to blue light it makes it more awake. Digital screens produce blue light so at least an hour before sleep avoid screen time entirely or use dark mode.

You should avoid stress before sleeping. Stress is bad in many ways bad for you. It disrupts your sleep cycle, making you wake up during night and it lowers your sleep quality.

If you need to reduce stress before sleeping, you should do a breathing exercise by breathing 3 seconds in, holding your breath for 4 seconds and breathing 5 seconds out. You can also write a journal or take a shower.

You should sleep a lot after a concussion, because your brain is hurt and it needs to heal itself, otherwise, you risk memory loss and higher risk of having Alzheimer's disease later in life.

You really shouldn't sleep less than 6 hours a night. After ten days of sleeping less than 6 hours, it has the same effect on your brain like not sleeping for a day or being drunk.

You also shouldn't drive while sleep deprived, because you have much shorter reaction time and you can have a microsleep, when you fall asleep for a few seconds.

You shouldn't try to catch up sleep during the day too often. While if you have been partying all night, it is good to get the sleep you missed, but doing that too often, it can disrupt your sleep cycle and make your sleep quality worse.

Sources:

<https://www.youtube.com/watch?v=fuvbS7cdKbs>, <https://www.healthline.com/nutrition/10-reasons-why-good-sleep-is-important>

