

BRAINY GUPSHUP

COUNSELLING DEPARTMENT



Today we talk about something that is so basic and yet something that is so significantly important for each of us to ensure a good immunity system and effective output leading to healthy brain functioning and positive physical health- and that is sleep. Sleep accounts for one-quarter to one-third of the human lifespan.

But what exactly happens when you sleep?

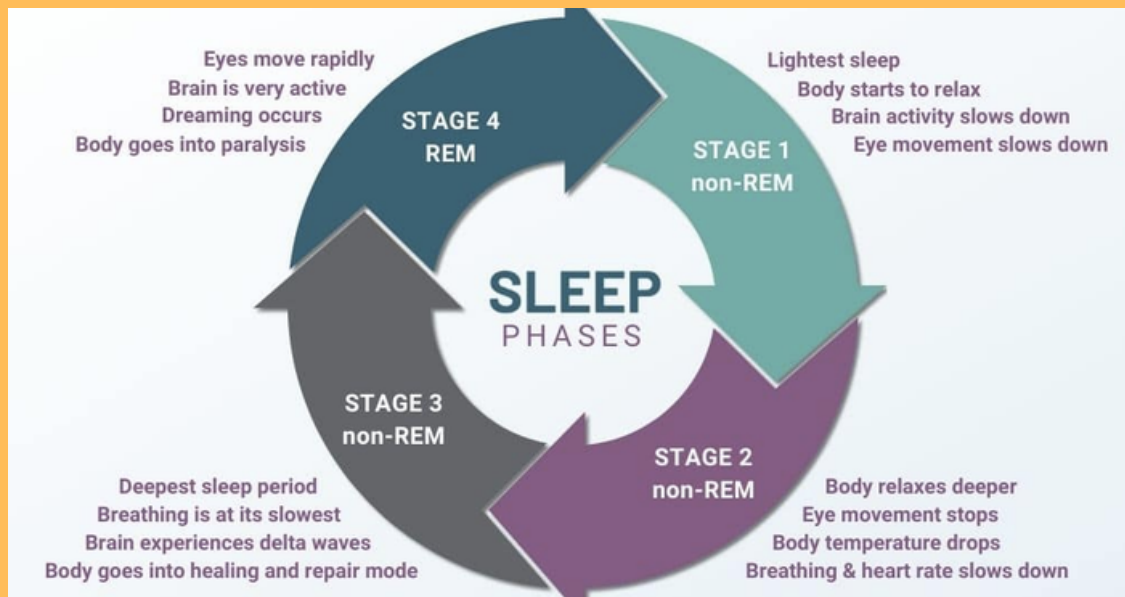
Before the 1950s, most people believed sleep was a passive activity during which the body and brain were dormant. “But it turns out that sleep is a period during which the brain is engaged in a number of activities necessary to live—which are closely linked to the *quality* of life,” says Johns Hopkins sleep expert and neurologist.

SLEEP IS A SUPER POWER and the notion of believing that 6 hours of sleep is enough has been challenged by many scientists. Ages of 18 and older require 7-9 hours of sleep on a daily basis (regulated and continuous in the night) and anything less than that comes under sleep deprivation.

All Sleep Is Not the Same

Throughout your time asleep, your brain will cycle repeatedly through two different types of sleep: REM (rapid-eye movement) sleep and non-REM sleep.

The first part of the cycle is **NON-REM** sleep, which is composed of four stages. The first stage comes between being awake and falling asleep. The second is light sleep when heart rate and breathing regulate and body temperature drops. The third and fourth stages are deep sleep.

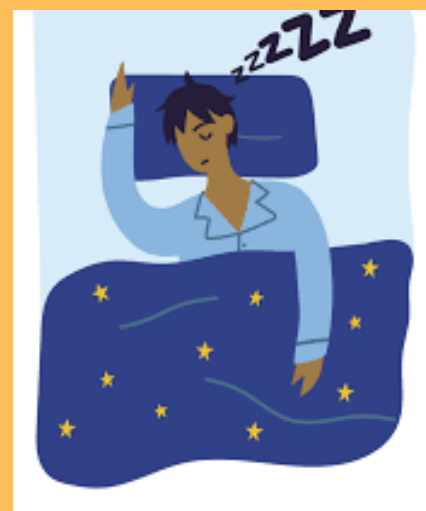


Though **REM** sleep was previously believed to be the most important sleep phase for learning and memory, newer data suggests that **NON-REM** sleep is more important for these tasks, as well as being the more restful and restorative phase of sleep.

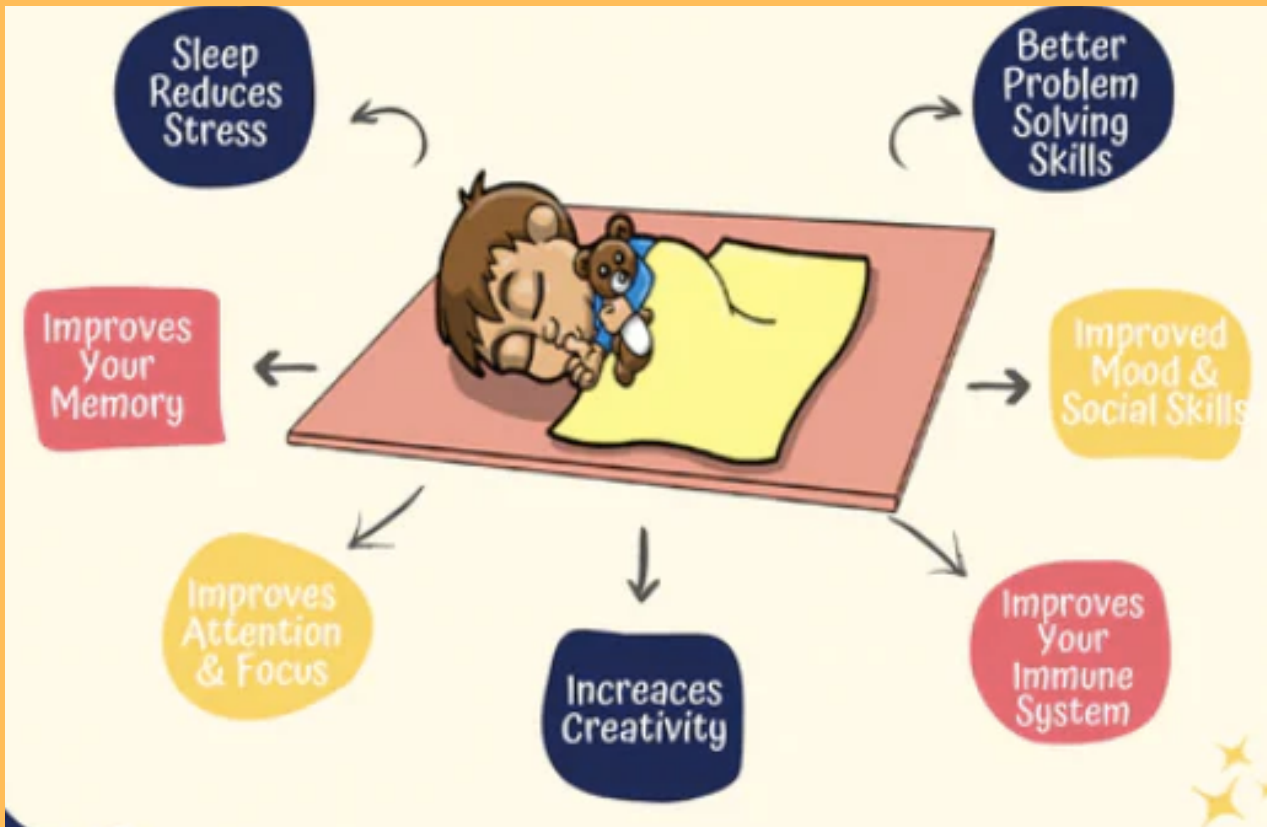
As you cycle into **REM sleep**, the eyes move rapidly behind closed lids, and brain waves are similar to those during wakefulness. Breath rate increases and the body becomes temporarily paralyzed as we dream.

Did you know

One thing that affects your sleep the most is your MATTRESS. The quality of your mattress affects your Quality of Sleep which impacts your Quality of Health. You spent 33% of your life on your Mattress.



When we don't get enough sleep...

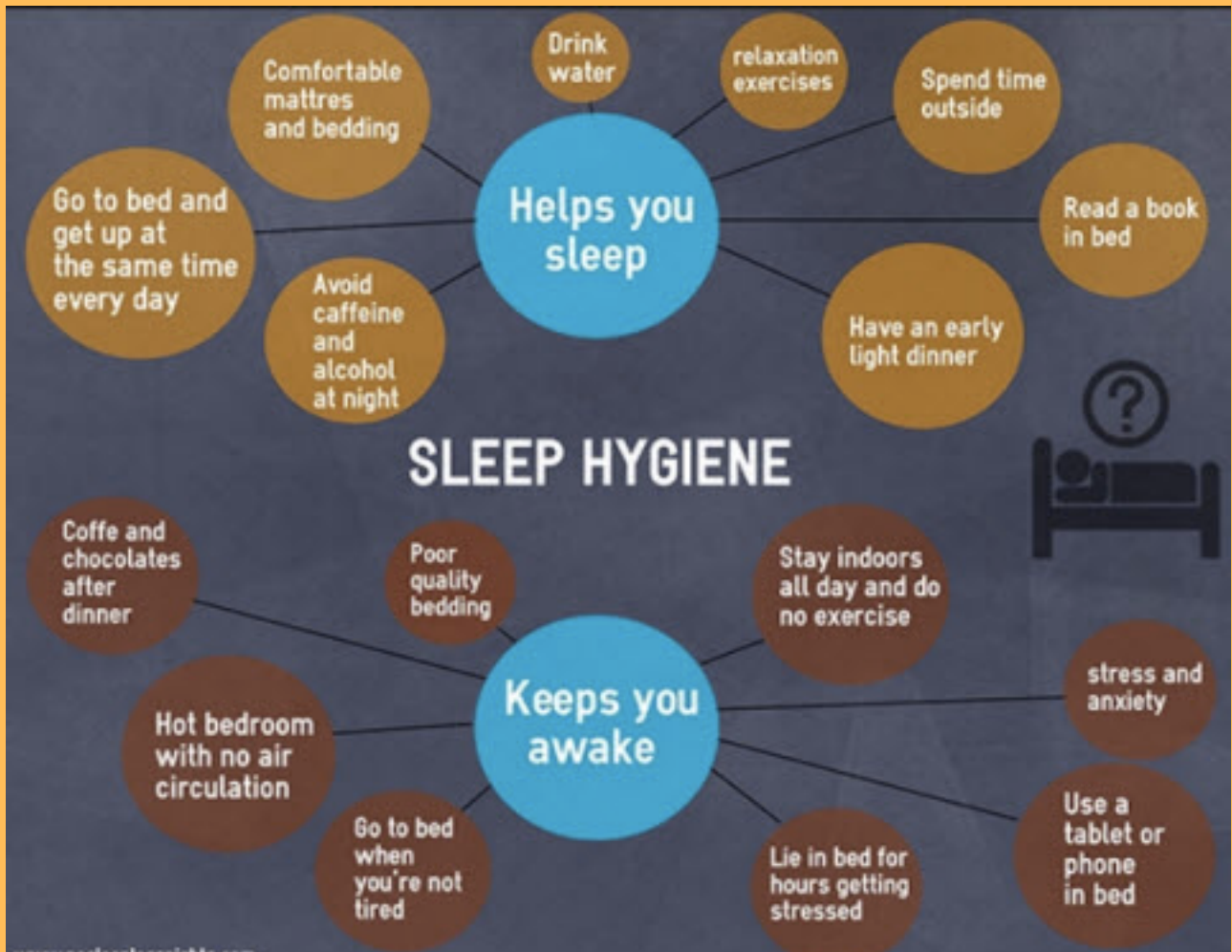


Parents have always felt that **sleep directly affects a child's mood**, and has a big impact on learning and behavior. But pediatric researchers' latest findings suggest that sleep is also essential to good health. When kids get the sleep they need, they may have a **lower risk of becoming overweight** and developing diabetes as well as **fewer learning problems and attention issues**. Sleep is as important as nutrition and exercise as it allows brain cells to "**take out the trash**" each night, flushing out disease-causing toxins. Children get up **fresh and cheerful** and less cranky after a good night's sleep. Sleep deprivation leads to a decline in **social behavior, cognition, and memory**.

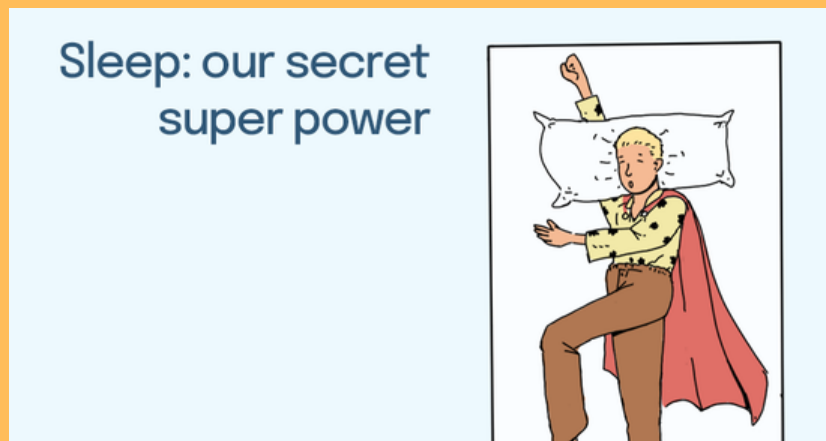
Sleep plays a **role in metabolism**: The repercussions of sleep deprivation are visible after only four nights of one fewer hour of sleep per night, found a study from Dalhousie University, in Nova Scotia. This can happen during a school vacation, when you have company for a holiday weekend, or even just by letting kids watch the World Series.

When people don't get enough sleep, their **health risks rise**. Symptoms of **depression, seizures, high blood pressure, and migraines** worsen. **Immunity** is compromised, increasing the likelihood of illness and infection. Even one night of missed sleep can create a prediabetic state in an otherwise healthy person.

BENEFITS OF 8 HOURS OF SLEEP



A healthy amount of sleep is vital for “brain plasticity,” or the brain’s ability to adapt, learn and grow cognitively each day. We have the capacity to shape our brains and sleep is that one superpower that can do wonders not just for us but also for our students. While we share some doable sleeping tips that facilitates healthy SLEEP HYGIENE with you, we also invite you to hear Prof. Mathew Walker at <https://www.youtube.com/watch?v=5MuIMqhT8DM>



As we invite you to challenge yourself and your family to 8 hours of sleep each night and utilize the super-power so available to you, we wish you enjoy the December month of winter, togetherness and celebration!!