

WHY SLEEP MATTERS

7 reasons to get some shut-eye

1 MAKE MEMORIES

While you sleep, your brain consolidates what happened during the day and turns short-term memories into long-term ones. Memories include the facts you learn when you study and attend classes.

2 MANAGE YOUR EMOTIONS

When you're well-rested, you can deal better with negative emotions and stress. You'll find it easier to cope in tricky situations... and this will give you more confidence.

3 BE A BETTER LEARNER

Your brain will reorganise the connections between your nerve cells as you sleep, creating new pathways and strengthening existing ones.

4 CLEANSE YOUR SYSTEM

During your sleeping hours, blood flow to your brain increases. This delivers important oxygen and nutrients and removes waste products.

5 CALM YOUR BODY

Sleep produces white blood cells that fight infection. It also helps your body repair damage to cells and tissues, so you can be more active and energetic.



6 REPAIR YOUR MUSCLES

While you snooze, your body releases hormones that help to repair damaged muscle tissue and promote the growth of new muscle cells.

7 THINK SHARP

Get the right amount of shut-eye and you will notice you are focused and productive, and that your work is more accurate.



LIGHTS OUT!!

The magic window of sleep is between 10pm and 2am.

This is when your body reaches its peak production of hormones such as melatonin and human growth hormone.

So turn off the lights, make yourself comfortable and get that all-important rest.

