

# Sleep

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## What Is Sleep?

Sleep is a condition of body and mind such as that which typically recurs for several hours every night, in which the nervous system is relatively inactive, the eyes closed, the postural muscles relaxed, and the consciousness practically suspended. Sleep is a very important necessity in your everyday life. Although we know what sleep is, According to the National Institute of Neurological Disorders and Stroke “its biological purpose remains a mystery”

## Stages of Sleep

**Stage 1:** During this stage we tend to drift in and out of sleep, you can be woken up very easily.

**Stage 2:** Body temperature drops, breathing and heart rate begins to slow down.

**Stage 3:** During this stage your muscles begin to relax and it is when deep sleep begins.

**Stage 4:** During the last stage your body is now immobilized and relaxed. Your eyes move rapidly and There's increased brain activity which causes dreaming.

## How Much Sleep Do We Really Need?

The amount of sleep you may need changes as you age. According to <https://health.clevelandclinic.org/happens-body-dont-get-enough-sleep/>

- Newborns (0-3 months): Sleep range narrowed to 14-17 hours each day (previously it was 12-18)
- Infants (4-11 months): Sleep range widened two hours to 12-15 hours (previously it was 14-15)
- Toddlers (1-2 years): Sleep range widened by one hour to 11-14 hours (previously it was 12-14)
- Preschoolers (3-5): Sleep range widened by one hour to 10-13 hours (previously it was 11-13)
- School age children (6-13): Sleep range widened by one hour to 9-11 hours (previously it was 10-11)
- Teenagers (14-17): Sleep range widened by one hour to 8-10 hours (previously it was 8.5-9.5)
- Younger adults (18-25): Sleep range is 7-9 hours (new age category)
- Adults (26-64): Sleep range did not change and remains 7-9 hours
- Older adults (65+): Sleep range is 7-8 hours (new age category)

## What happens if we don't get enough sleep?

Not getting enough sleep can lead to some serious long term health problems since sleep is important to a good amount of brain functions When you're feeling tired this interferes with learning or being focused on daily tasks. Which can cause poor performance. Being sleep deprived can also cause health problems such as high blood pressure, diabetes, heart attack, heart failure, impaired memory, weaken your immune system or cause strokes.

## Tips for getting a good night's sleep

- A few minutes of exercise a day in your routine can help with your sleep.
- Set a schedule so you could fall asleep and wake up at the same time.
- Try to relax before going to sleep.

- Turn every electronic off in order to help fall asleep so that there are no distractions.
- Limit or try to avoid daytime naps.
- Don't consume caffeine later in the day.