



The Power of Sleep: How Rest Fuels Your Mind and Body

Getting quality sleep is essential for your physical and mental health. Adults aged 18–64 should aim for 7–9 hours per night, completing 4–6 sleep cycles. Each cycle moves through light sleep, deeper rest, deep sleep (for recovery), and REM sleep (for memory and learning).

Why Quality Sleep Matters

- Deep and REM sleep allow the brain and body to recover
- Energy is restored, and the immune system strengthens

Health & Mental Risks of Poor Sleep

- Increases risk of heart disease, stroke, diabetes, and Alzheimer's
- Can lead to memory issues, poor focus, anxiety, and mood changes

Signs of Poor Sleep

- Daytime fatigue and irritability
- Trouble focusing or staying awake
- Dependence on naps or crashing early

Quick Sleep Tips

- Keep a consistent sleep schedule
- Make your bedroom dark, cool, and quiet
- Avoid screens, caffeine, and large meals before bed
- Stay active during the day

Sleep plays a vital role in supporting emotional balance and cognitive function. If you regularly feel unrested or moody, poor sleep may be the cause. Prioritize quality rest, and if issues continue, consult a healthcare provider.

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