

The benefits of sleep

Certain lifestyle changes can help to improve sleep, but it may help to first understand why sleep is important

As you move through sleep cycles, each stage of sleep performs different functions, ranging from memory processing to recovery from exercise and stress.

Disrupting sleep stages can rob the body and brain of vital function.

Good, consolidated sleep can yield many benefits.



I was randomly sleepy around the clock. It was like I stopped sleeping when I was sleeping, and I stopped being awake when I was awake.

- Kelsey P., living with narcolepsy





Improve memory

Sleep is vital before and after learning. Good sleep prior ensures the brain is primed to soak up new information, while good sleep after helps transfer the learned information from short-term memory to long-term.



Boost creativity

While in rapid eye movement (REM) sleep, we dream. The brain forms connections between the most unconnected thoughts, visuals, and ideas—connections that may be impossible while awake. In doing so, it may drive problem-solving and creative thinking.



Recover physically

Non-REM (NREM) sleep has been shown to aid physical recovery, helping us heal from injury and illness, as well as after exercise.



Improve mood and reduce stress

Interestingly, a study has shown that sleepless nights increased anxiety levels by 30%. Sufficient NREM sleep may help reorganize connections in the brain, reducing anxiety and stress levels.



Strengthen the immune system and fight disease

Studies have shown that reducing the amount of sleep a person gets weakens their immune system's ability to fight off infection, while a good night of sleep boosts the activity of their immune system.