

# SLEEP AND YOUR HEALTH

## THE STAGES OF SLEEP

There are two types of sleep: REM and Non-REM. Each stage of sleep plays a part in ensuring you wake up feeling refreshed.

### Stages of sleep:

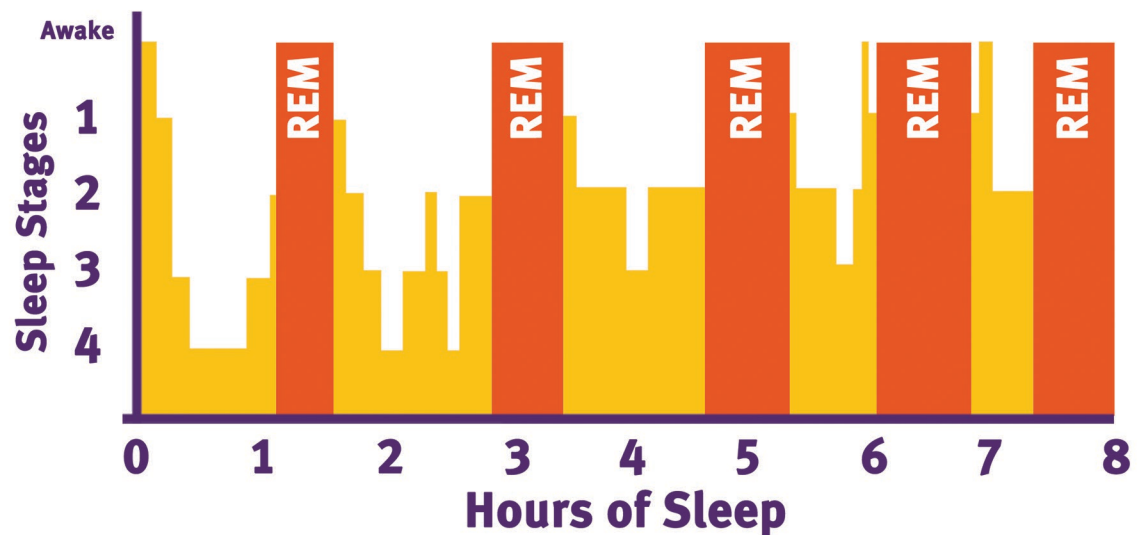
Stage 1: Very light sleep

Stage 2: Light sleep

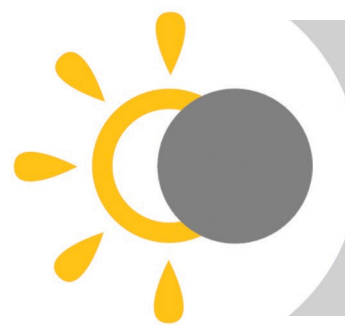
Stage 3: Deeper sleep

Stage 4: Very deep, restorative sleep

REM: Rapid Eye Movement, dreaming



Adults (18+) require between 7 and 9 hours of quality sleep.



Sunlight adjusts your body's internal 'clock' to align with day & night

## THE IMPORTANCE OF SLEEP

### Your Body

- Helps to maintain / lower blood pressure
- Tissue repair and muscle growth
- Gives your immune system a boost



### Your Mind

- Improve memory, attention and concentration
- Recover from the stresses of the day
- Lowers the risk of depression



### Your Health

- Helps maintain a healthy weight
- Maintain/ improve your metabolism

