



# WHAT'S HAPPENING WHEN WE SLEEP?

**NIX THE NETFLIX AND CHOOSE TO SNOOZE! THE CRITICAL BRAIN AND BODY FUNCTIONS THAT OCCUR DURING A GOOD NIGHT'S SLEEP**

It's time to **think differently** about sleep. Many of us set our daily goals and work all day and into the night until we've crossed everything off our to-do list. Then, whatever time remains in the day we give to bedtime. After all, sleeping appears to be the most "unproductive" part of our day - a time where we aren't crossing ANYTHING off our to-do list.

But wait... there's A LOT going on as we slumber under the cover of darkness!

The truth is, sleep should account for 1/3 of our day, with the average adult needing around 8 hours of sleep per day. **This critical third of our lives plays a direct role in how full, energetic and successful the other two-thirds of our lives can be.** While we sleep our body is engaged in vital activities to set us up for our Best Health. For Your Best Health, aim to get 8 hours of quality Zzzz's and in exchange, your brain and body will transform you into Super-Hero mode for your upcoming day!



## VASCULAR SYSTEM RELAXES

Blood flow is directed to muscles, organs, tissue and cells for repair.

Prevents ongoing stress and pressure on heart, muscles, arteries. Decreases risk of heart disease\*\*.



## BEAUTY SLEEP BEGINS

Increased blood flow to the skin and hair follicles improves complexion and delivers nutrients, vitamins and minerals for healthier hair. Body produces collagen for improved elasticity in skin and less wrinkles.



## HORMONES ARE REGULATED

- Regulates Appetite
- Stimulates Muscle Growth
- Improves Sleep quality

Prevents Obesity, decreases risk of Type 2 Diabetes, prevents muscular atrophy, depression and anxiety\*\*.

## GLYMPHATIC SYSTEM FLUSHES TOXINS FROM BRAIN

Brain cells decrease in size allowing damaging toxins that build up during the day to be swept away and meaningful data and memories are stored.

Decreases risk of diseases that affect cognitive function of the brain like Alzheimers\*.



## BLOOD PRESSURE IS DECREASED AND REGULATED

Maintenance of normal blood pressure is supported when awake, stress on vascular system/artery walls is relieved.

Decreases risk of high blood pressure and risk of heart attack.\*\*

## ENERGY IS RESTORED

Your ability to focus during the day is improved, immune system is restored.

Prevents impaired reasoning, inability to problem-solve clearly, propensity for traffic accidents and unintended emotional reactions due to fatigue and impatience\*\*.



\*NPR Brains Sweep Themselves Clean of Toxins When You Sleep: <https://www.npr.org/sections/health-shots/2013/10/18/236211811/brains-sweep-themselves-clean-of-toxins-during-sleep>  
\*\*Hopkins Medicine: Science of Sleep: <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-science-of-sleep-understanding-what-happens-when-you-sleep>