

Q&A for important of sleep.mp4

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Q1: Why is sleep considered essential?

A1: You can't function or survive without it.

Q2: What are the primary activities your brain performs while you sleep?

A2: It organizes the day's events, files them into storage, and clears away accumulated wastes.

Q3: How does the depth of sleep impact the brain's cleaning process?

A3: The more deeply you sleep, the more effective your brain is at cleaning itself.

Q4: How many hours of sleep do adults typically need for optimal brain performance?

A4: Adults typically need 7 to 9 hours of sleep.

Q5: What are some immediate negative effects of insufficient sleep?

A5: It negatively affects memory, concentration, mood, and can increase the risk of anxiety and depression.

Q6: What severe risks are associated with going too long without adequate sleep?

A6: It can impair judgment and performance (similar to being drunk), increase the risk of accidents, and may increase the risk of dementia over time.

Q7: Name three practices for good sleep hygiene.

A7: Put away electronic devices an hour before bedtime, go to bed and wake up at the same time each day, and avoid stimulants like caffeine in the late afternoon or evening.

Q8: What kind of environment is ideal for a bedroom to promote better sleep?

A8: Keep your bedroom quiet, cool, and dark.

Q9: How does physical exercise contribute to better sleep?

A9: At least 30 minutes of moderately intense exercise on most days can improve both sleep and overall health.