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HOW SLEEP WORKS

How Sleep Works



Sleep is a period of rest that alternates with wakefulness. You have internal body clocks that control when you are awake and when your body is ready for sleep. These clocks have cycles of approximately 24 hours. The clocks are regulated by multiple factors, including light, darkness, and sleep schedules. Once asleep, you cycle through the stages of sleep throughout the night in a predictable pattern.

Sleep is important because it affects many of your body's systems. Not getting enough sleep or enough quality sleep raises your risk for heart and respiratory problems and affects your metabolism and ability to think clearly and focus on tasks.



YOUR GUIDE TO Healthy Sleep



BOOKLET

Your Guide to Healthy Sleep

This booklet provides science-based information about sleep, as well as an overview of certain sleep disorders.

[View the booklet](#) 

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