

The Importance of



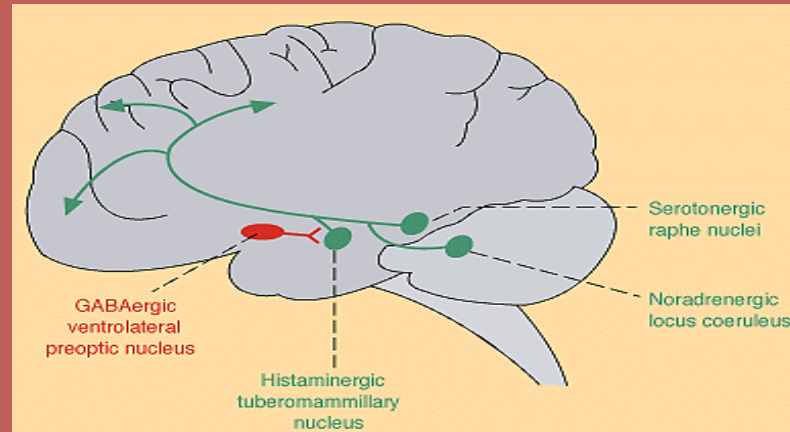
Sleep



● More Important Than You Think

➤ Restorative

➤ Nervous System



● Problem Sleepiness

It is sleepiness that interferes people's daily activities .

● Causes of Problem Sleepiness

■ Sleep-wake Cycle

- midnight~7a.m.
- 1p.m.~4p.m.

■ Inadequate Sleep

- sleep debt



The Circadian Rhythm

--- biological clock

The Impacts of Sleep Deprivation

- Mental Function— poor memory,
less creative
- Immune System— sleep and flu



• Tips For Catching Some ZZZs

- Don't Lie Awake
- Toe Wriggling
- Imagine It's Time to Get UP
- Sleep with Your Head Facing North



“Pursuit of a good
night’s
sleep is a worthy
goal.”

