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BEHAVIORS DURING SLEEP

Deep sleep contributes to insightful thinking, creativity, and memory as brain activity is reduced during sleep.

Slow-wave sleep allows the brain to retain memories, process growth hormones, and expel waste from the body.

It may be helpful for individuals who experience difficulty falling asleep, to leave their bed, avoid blue light, and return to bed only when they are tired.

Longer sleep time allows for getting the most REM sleep.

