			Infection, stress and tissue damage triggers the release of inflammatory cytokines.	Frey et al (2007) The effects of 40 hours of total sleep deprivation on inflammatory markers in healthy young adults.
Make sure to sleep enough and healthy 3 days prior to the event (8 hours of sleep, regular, without substances).	Sleep prevents us from getting sick and (therefore) sleep deprivation causes an impaired immune system. Sleep prevents a disbalance of inflammatory cytokines and therefore health is maintained.  Sleep is important for our memory and (therefore) sleep deprivation causes memory impairment.		When pro-inflammatory cytokines are injected, these cytokines enhance sleep.	Kreueger et al (2006) The role of cytokines in physiological sleep regulation
			Sleep deprivation is associated with an increase of pro-inflammatory cytokines, which creates a disbalance of inflammatory cytokines and this induces inflammation.	Frey et al (2007) The effects of 40 hours of total sleep deprivation on inflammatory markers in healthy young adults.
			Sleep promotes the consolidation of memory in humans.	Diekelmann & Born (2010) The memory function of sleep.
			Sleep promotes the consolidation of memory in humans.	Gais (2003) Sleep after learning aids memory recall.
			Sleep promotes the consolidation of fear memory in humans.	Menz et al (2013) The role of sleep and sleep deprivation in consolidating fear memories.
			Sleep promotes the consolidation of emotional memory in humans.	Holland & Lewis (2007) Emotional memory: selective enhancement by sleep.
			Sleep promotes the consolidation of memory in animals after training for a specific task.	Graves (2003) Sleep deprivation selectively impairs memory consolidation for contextual fear conditioning.
			Memory retention is already noticable after only several minutes of sleep.	Diekelmann & Born (2010) The memory function of sleep.
	Having a chronic, regular sleeping rhythm is beneficial.		Sleep increases resiliency.	Expert 1
	Thythin is beneficial.		A chronic, healthy, regular sleeping habit is beneficial for the physical and mental wellbeing.	Expert 1
			Sleep deprivation causes for a stress response to be a greater disturbance.	Expert 1