

Just like food and water, humans need sleep on a regular basis

We go through a number of sleep cycles while we sleep.

There are 5 stages to each sleep cycle. Stage one; Stage two; Stage three & four (deep sleep) and Rapid Eye Movement sleep (REM).

Each cycle runs for around 90 minutes then the progression of sleep stages starts over.

Most of our deep sleep is in the first one-third of the sleep. Most of our REM sleep is in the last one-third of the sleep.

Most adults need to get at least 7-8 hours of sleep to get all of the cycles we need to be both mentally and physically healthy.

Sleep cleans the brain!

When we sleep, the build up of waste products and toxins are removed from our brain. This helps to keep us mentally alert and keeps our brain in good condition.

When we don't sleep enough, the build up of toxins and waste products cause a sleep debt, that needs to be paid back with more sleep.

Too little sleep, or poor quality sleep can lead to the following problems:

**↑ safety risk at work
risk of crashes on the road
risk of Type II Diabetes
risk of depression & anxiety
risk-taking on tasks**

**↓ tolerance for work rules
happiness & enjoyment
interactions & communication
levels of energy
mental & physical health**

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