

Benefits of Good Sleep

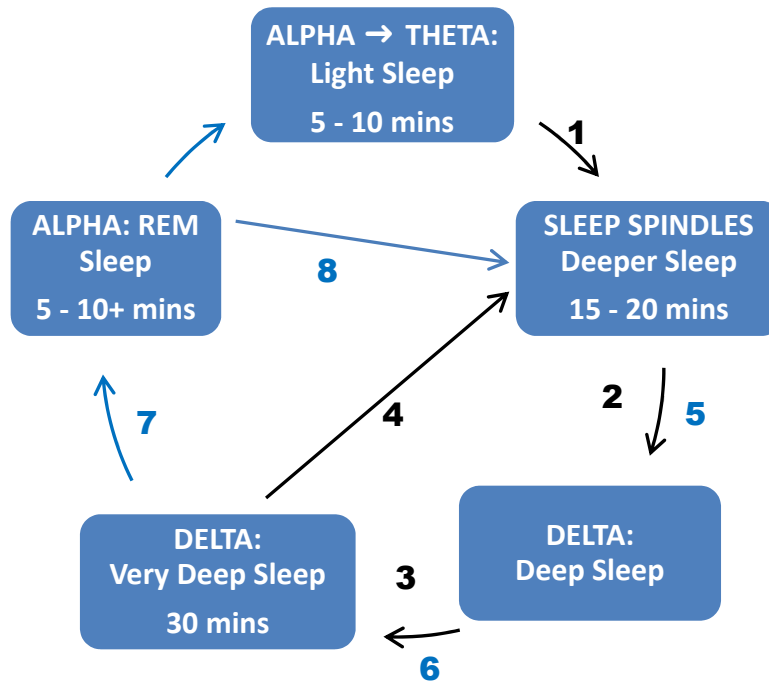


SLEEP IS VITAL FOR HEALTH AND WELLBEING.



What happens when we sleep?

- Sleep has 5 phases that repeat about 4 to 5 times (or cycles).

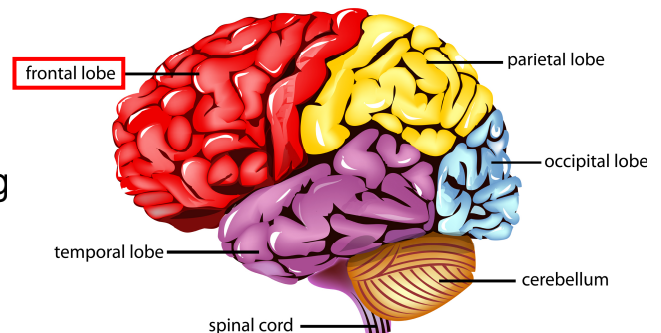


- During sleep, the body heals, the brain consolidates learning, and we are rejuvenated.

Executive Functions

- The **prefrontal cortex**, part of the frontal lobe, is impaired by ADHD.
- It has several important functions including judgment, organization, impulse control, attention, and mental flexibility.
- The prefrontal cortex is usually the most active area of the brain **in well-rested individuals**.

Parts of the Human Brain



Benefits of Good Sleep

- The prefrontal cortex **regenerates during the first stage of sleep**, so you can feel somewhat refreshed and clear headed after only a short nap.

Learning While You Sleep

- REM sleep is the final stage of the sleep cycle and is important in learning and memory. When a person is taught a new skill, his or her performance does not improve until he or she receives at least eight hours of sleep.
- An extended period of sleep ensures that the brain will be able to complete the full sleep cycle, including REM sleep, so **you can wake up feeling rested**.

