**Mental:**

**http://www.health.harvard.edu/newsletters/Harvard\_Mental\_Health\_Letter/2009/July/Sleep-and-mental-health**

**Key points**

* Sleep problems are more likely to affect patients with psychiatric disorders than people in the general population.
* Sleep problems may increase risk for developing particular mental illnesses, as well as result from such disorders.
* Treating the sleep disorder may help alleviate symptoms of the mental health problem.

Benefits:

Studies report that REM sleep enhances learning and memory, and contributes to emotional health — in complex ways.

The deepest stage of quiet sleep produces physiological changes that help boost immune system functioning.

sleep disruption — which affects levels of neurotransmitters and stress hormones, among other things — wreaks havoc in the brain, impairing thinking and emotional regulation. In this way, insomnia may amplify the effects of psychiatric disorders, and vice versa

Emotional:

http://www.psychologytoday.com/blog/between-you-and-me/201308/all-night-the-effects-sleep-loss-mood

**The effects of sleep on negative mood.**

evidence suggest that when people are sleep deprived, they feel more **irritable**, **angry** and **hostile**. Sleep loss is also associated with feeling more **depressed**. In addition, sleep deprivation seems to be associated with greater emotional reactivity --people who suffer from sleep loss are especially likely to react negatively when something doesn’t go well for them.

**The effects of sleep on positive mood:**

researchers have also found that people who are more sleep deprived report feeling **less friendly**, **elated**, **empathic**, and report a **generally lower positive mood**. Sleep deprivation also seems to put a damper on people’s ability to reap the emotional benefits of a positive experience. In one study, people who were more sleep deprived did not report increased positive affect after an achievement, whereas people who’d had an adequate amount of sleep did feel better after their achievement

try not to take on frustrating tasks, interact with irritating people, or generally engage in too much social interaction when you are very short on sleep (i.e., NOT a good time to go argue with your boss about that promotion!). Also, try to make sure you get enough sleep before you celebrate your achievements, such as an important graduation, since sleep may help you savor those moments that much more. And if you do find yourself sleep deprived, or know that those around you are suffering from sleep loss, trying giving yourself (and them) a break… recognize people are more irritable when they are sleep deprived, and go easy on yourself and others when they get a bit snappish.

Physical:

http://bettersleep.org/better-sleep/healthy-sleep/physical-performance-sleep

Respondents getting nine hours of sleep or more are more likely to engage in higher-intensity workouts (biking, running, weight lifting, etc.). - See more at: <http://bettersleep.org/better-sleep/healthy-sleep/physical-performance-sleep#sthash.nS78hA6D.dpuf>

Seven in 10 (70 percent) report that they are not getting the recommended amount of sleep needed each night (7.5 hours or more) to perform at their best each day. - See more at: <http://bettersleep.org/better-sleep/healthy-sleep/physical-performance-sleep#sthash.Vc7RkZ6S.dpuf>

Sleeping on a new mattress promotes a good nights sleep

Sleep deprivation impacts us physically, which can negatively affect our coordination, agility, mood and energy," says Dr. Bert Jacobson, professor and head of the School of Educational Studies at Oklahoma State University (OSU) and the lead author of the new study Grouped Comparisons of Sleep Quality for New and Personal Bedding Systems - See more at: <http://bettersleep.org/better-sleep/healthy-sleep/physical-performance-sleep#1>

Teen sleep patterns changed during adolescence years because the brains biological clock shifts causing teens to want to stay up late and to sleep late. Teens sometimes get the same amount of sleep on the weekends as the weekdays during summer break. But, during the school year they get less sleep during the weekdays and sometimes make up for it on weekends, that’s if they don’t have a lot going on in which most of the time they have athletic events, parties, get-togethers with friends, stay-overs, ect,. All this and teens still are not able to get adequate sleep which leads to sleep deprivation in teens.

http://www.slideshare.net/teenmentalhealth/why-teens-need-their-sleep-presentation