How can sleep help you?

Some scientists have wondered how sleep helps the mentality of the brain and how it affects the physical and emotional states of everyone’s life. Humans need a certain amount of sleep in order to properly get through the day. We all sleep to help refill our process of critical thinking and memories. Without sleep our brain processes would work slower, then eventually shutdown. Sleep is essential to ensuring the health, mental, physical, and emotional states, and people should make sure they get the right amount, and kind of sleep.

If people don’t get enough sleep their mental abilities diminish significantly. Though sleeping all the time is not good for the health. When a person sleeps it helps them out mentally if they go through the all four stages of sleep. There are two types of sleep N-REM (non-rapid eye movement) and REM (rapid eye movement) sleep. In N-REM sleep there are four stages. In the first stage there is a reduction of activity between consciousness and the first stage of sleep, so one can easily be awakened during this state. At the point in the second stage, the sleep readings show peaks and valleys as the brain goes in a deep sleep. The muscle tones show relaxation and the body goes under a sleep paralysis. The deep stages of sleep begin at stage three and four, where stage four is the deepest than stage three. These start to show slow-waves or delta, sleep. If a person is awakened from this stage of sleep, the person may feel unbalanced for a few minutes. During these stages of N-REM sleep, the human body repairs and regenerates tissues, builds bone and muscle, and appears to strengthen the immune system. As you progress in life, the body tends to sleep less and get less deep sleep. Between wakefulness and N-REM sleep, there is REM sleep, the stage where people dream. REM sleep happens after the fourth stage of sleep and usually lasts for ninety minutes, but the first period lasts for 10 minutes up until with each recurring REM stage lengthening, whereas the final may last up to an hour. Brainwave patterns show that REM is similar to that which shows during wakefulness.

Getting a good nights sleep,