

Sleeping

Not only does the body require a certain amount of sleep each night, but so does the mind. Sleep is a time when the brain recharges and breaks from the stresses of daily life. A brain that is deprived of sleep will have slower reactivity and information processing than a brain that has received adequate sleep.

Although sleep is important to optimal physical and mental functioning, a survey conducted by National Sleep Foundation (NSF) in 2002 revealed that the majority of Americans do not get the amount of sleep that is needed. According to the survey:

- 74% of American adults experience a sleeping problem a few nights a week or more
- 39% of American adults get less than seven hours of sleep each weeknight
- 37% of American adults are so sleepy during the day that it interferes with daily activities

Though it is recommended that adults get between seven and nine hours of sleep a night, there are some people who can get by on less, whereas there are others who require at least ten hours a night. The better rested you are, the better equipped you will be to face the challenges that arise throughout the day. Make getting a good night sleep a priority in your life, not just for your physical health, but your mental health as well.