

WHY SLEEP IS IMPORTANT?

Regular sleep (every day at approximately same time with repetitive number of hours of quality sleep) is a basic human need. For quality sleep, you need sufficient length of uninterrupted and deep sleep.

Good sleep is linked to better quality of life in all age periods.

School-aged children need 9 to 11 hours of sleep while adolescents need 8 to 10 hours of sleep.



BENEFITS OF REGULAR SLEEP:

1 IMPROVED MOOD

Regular and good sleep improves your mood and wellbeing.



2



IMPROVED PHYSICAL CONDITION

Regular sleep contributes to the fact that you wake up in the morning rested, which improves your responsiveness, concentration and accuracy.

3 IMPROVED LEARNING ABILITIES

Enough sleep improves your concentration, memory and creativity.



4



IMPROVED HEALTH

Good sleep has positive effects on your health, resilience, appearance and healthy body weight.

5 BETTER DECISIONS

Regular sleep increases the likelihood of making good decisions, behaving appropriately, and avoiding risky situations.



WHEN AND WHERE TO SEEK FOR HELP?

When you feel that sleep is a problem to you (excessive daytime sleepiness, exhaustion, etc.) consult your personal physician.