

Why Sleeping Is Good For Your Health



How did you sleep last night?

We hope you slept well, because sleeping is one of the most important mechanisms that your body uses to recover from a very long day. In fact, sleeping is so vital for your health that the benefits of a good night's sleep go beyond simply recharging your batteries. It also improves your mood, prevents serious diseases, and boosts your creativity. But don't hit the sack right now! Before catching some Zs, learn more about why you should pursue healthy sleeping habits:

Better Mood

Jodi A. Mindell is a professor of psychology at St. Joseph's University in Philadelphia. He's also the author of *Sleep Deprived No More*. According to him, [sleeping is directly related to your emotional regulation](#). "When you're overtired, you're more likely to snap at your boss, or burst into tears", he exemplifies. On the other hand, when you have sufficient hours of sleep, your mood gets significantly better.

Improved Memory

Sleeping can strengthen memories and skills that you learned while you were awake. This process is called [memory consolidation](#) and it's been extensively studied by several sleep experts. Research studies also indicate that some sleeping disorders are associated with memory consolidation issues, so if you have sleeping disorders, you should seek treatment.

Stroke Prevention

A stroke is a medical emergency and a life-threatening condition. It happens when your brain's blood flow is affected which then causes damage to your brain cells. According to one study, short duration of sleep is a [risk factor for stroke and coronary heart disease](#). Therefore, a good night's sleep can help you prevent these diseases.

Weight Control

Poor sleep can lead to weight gain and it's also one of the strongest risk factors for obesity. People with inadequate sleeping habits have increased appetite due to hormonal changes. As a consequence, they feel hungry and eat more often. On the flip side, sleeping well can [enhance physical activity](#) and improve your athletic performance.

We hope this blog will help you improve your sleep quality and enjoy the benefits of a good night's sleep. If you have any questions, don't hesitate to contact us! At [REDACTED], our experienced team provides innovative treatments for adults and adolescents suffering from psychiatric or substance abuse disorders. [Drop us a line through our website](#) or just call us at [REDACTED].