Why sleep is so important for us

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SLEEP is an essential need that allows your body and mind to recharge and recuperate. Getting enough sleep leaves you feeling refreshed and alert when you wake up. A good eight hours of routine sleep is a vital step in leading a healthy life.

Ever wondered what happens when we sleep? There are many interesting connections between good health and sleep, and without a healthy sleep regimen, our body cannot function at its optimum level.

While we sleep, the brain selects and filters through information, where only memories that are relevant for the future are retained while others will be erased. This leads to a better and healthier nervous system.

Additionally, the body repairs cells, restores energy and releases hormones and proteins that are beneficial for our physical condition. Good sleep and rest allow our bodies to go into a recovery mode that produces growth hormones and creates new cells for healing.

Sleep deficiency is linked to various health problems, including those that affect the heart, kidneys, blood, brain and mental health. Consequences associated with poor sleep include mood swings, anxiety, depression, poor brain function and productivity, weight gain, insulin resistance, diabetes, a weak immunity, inflammation, heart disease, high blood pressure and stroke.

Poor sleep leads to poor brain function, impairing your ability to concentrate, think clearly, process memories, learn, problem-solve, or be creative and decisive. As such, your productivity and performance are affected.

Sleep also helps control hunger hormones, ghrelin and leptin. Ghrelin is a hormone that can increase appetite while leptin gives you the feeling of being full after having a meal. However, the lack of sleep can make you feel unnecessarily hungry due to the imbalanced hormones, thus increasing your appetite and decreasing your feeling of being full. This results to one eating more and gaining weight.

Besides the above, your heart rests during a good sleep. This helps maintain normal blood pressure. Therefore, the less sleep you get, the higher the chances of you getting high blood pressure.

Insulin is a peptide hormone produced by the pancreas. Its main role is to control glucose levels in our bodies and store them for energy.

Sleep deprivation can increase insulin resistance, which in turn increases blood sugar levels and can ultimately lead to diabetes.

In addition, sleep deprivation inhibits immune response and causes one to easily fall ill. When you sleep, cytokines proteins are made to fight infection and inflammation.

Your body also produces antibodies and immune cells to help prevent sicknesses and destroy harmful germs. This is why you need additional sleep when you are sick as your body requires more immune cells, antibodies and proteins.

Making good sleep a priority

As poor sleep puts your health and safety at risk, it is crucial to prioritise good sleep on a daily basis.

Give your body and mind the rest it deserves, as sleep is vital for making the most of your everyday life.

Malaysia's top latex mattress and bedding company Getha recently introduced the first-ever series of radiation-protection mattresses in Malaysia – The Compass Series.

The series consists of three models, the Getha Compass Gold 100, Getha Compass Green and Getha Compass Star.

The series is unique for its Biocare technology that is exclusive to Getha and it also features Nano Technological yarn fabric that acts as a magnetic barrier against electric and magnetic fields produced by our modern-day electronic devices.

Customers who purchase any 5ft and 6ft Compass mattress are entitled to a free Biocare Duvet worth RM1,999 as part of the launch promotion.