

Why is Sleep Essential for Good Health

Apart from sleep's role in allowing the body to "charge up" after a long day, various studies and research have come to earmark several reasons why a good night's sleep is important. Here are takes on four reasons why sleep is essential for good health:

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Better Memory

A study published in the US' National Library of Medicine journal in 2017 looked into the short and long-term health-related consequences of sleep disruption. It found that sleep held links to memory (sleep disruption may affect memory processing and formation), cognition (poor sleeping habits can affect cognition by affecting stress hormone production) and performance (sleep disruption could affect one's capacity to focus, emotional reactivity, decision-making and risk-taking behavior).

Lower Risk for Weight Gain

Though still unclear, studies have established a link between short sleeping patterns and obesity.

In a study published in 2018, researchers found that sleep deprivation holds certain ties with developing higher levels of ghrelin – the "hunger hormone". They also found that poor sleeping habits tends to add to a person's fatigue levels, which could lessen their want to engage in physical activities.

Better Calorie Regulation

A clinical trial done in 2022 found that overweight adults who increased their sleeping hours took in fewer calories compared to the levels that were recorded from a control group. In that trial, the subjects added around 1.2 hours on top of their regular sleeping times, and took in around 270 calories lesser than the control group. This prompted researchers to suggesting that better sleep durations could lead to better calorie regulation.

Lower Risk of Heart Disease and Stronger Immune System

Studies have shown that adequate rest enables the body to better regulate blood pressure levels.

This, in turn, has been noted to help reduce the risk of developing heart disease (what with high blood pressure levels cited to be a risk factor for heart disease), and stresses on the value of a good night's sleep.

Apart from helping the body regulate blood pressure, sleep also helps the immune system by allowing it to repair, regenerate and recover, thereby strengthen it to be better at keeping the body in tip top shape.