

Why do we need to sleep?

Sleep is a **biological necessity** and we know that all complex organisms have a sleep-wake cycle, from simple fruit flies to humans. In humans, sleep has many vital functions for both **physical and mental health**.

Important experiments where individuals volunteered to be sleep deprived have shown us much about the function of sleep. We have found that sleep helps to modulate body **temperature**, conserve **energy**, maintain the correct **weight** and maintain a normal **immune** system.

The most important consequence of sleep deprivation is seen on brain function. Individuals with sleep deprivation fail to learn tasks properly as a result of memory disturbance, but also see disturbances of **mood** and **behaviour** with hyperactivity, irritability and impairments in attention and concentration.

So, a good night's sleep is vital for body and brain to work at their best during the day

