



Video transcription

Sleep well

Why is sleep important?

Sleep is essential for your physical and mental health. During sleep you recharge your energy.

Not getting enough rest affects memory and learning. It also increases the risk of serious diseases such as diabetes, heart disease and cancer. According to research, lack of sleep is linked to decreased immune function and increased inflammation in the body.

How does sleep work?

Sleep is organized in cycles of approximately 90 minutes. In these cycles we have several stages of sleep, light, deep and REM. During the first half of the night, deep sleep predominates, which is essential for cellular repair.

In the second half, there is more REM sleep, which is important for creativity and memory consolidation. Interrupted sleep negatively affects these processes and in the long term can hinder the ability to think and learn.

How to improve your sleep?

Get frequent physical activity. Physical activity keeps your body strong and energetic throughout the day, allowing you to sleep better at night.

Eat properly. Nutrition is an important part of our life. Eating a variety of foods is essential.

Keep your bedroom dark. Darkness helps your body prepare and sleep better.

Establish a relaxing routine before bedtime. Some routines can be taking a bath or reading a book.

What should we avoid?

Use of screens before bedtime. The screens of electronic devices such as phones, tablets, computers and televisions emit blue light, which can suppress the production of melatonin.

Melatonin is the hormone that tells us it is time to sleep. This blue light tricks our brain into thinking it is still daylight, which interferes with our ability to relax and sleep.

Why does blue light affect our sleep?

During the day, natural light keeps us awake and alert. However, at night, when it should get dark, blue light from screens disrupts the natural sleep cycle, reducing the amount of melatonin

Some of the topics covered in these videos are sensitive. If you have questions related to health, well-being, laws, duties or rights, we recommend that you consult a specialist.



the body produces. This makes the feeling of fatigue take longer to appear and, if we do eventually sleep, our sleep may be more shallow.

Some extra tips.

Go to bed and wake up at the same time every day.

Don't sleep during the day.

Gradually increase your sleep time as you get better at sleeping.

Turn off screens one hour before bedtime.

Sleeping better now will help you improve your grades, have better ideas, energy, control your emotions.

Physical and mental health is very important for any path you want to take in the future.