

Topic 2 DQ 1 (Obj. 2.2)

Feb 20-22, 2023

Explain the three main benefits of sleep as discussed in your readings. How do you feel when you don't get enough sleep physically and mentally? How can you use this information to improve your well-being and health?

The restorative theory explains that when we get enough sleep the three benefits are restoration of the body, preservation from harm, support for memory, and learning. Sleep lets the brain replenish its energy stores and strengthen our immune system (Hobson, 1999; Irwin, 2019). When I do not get enough sleep I feel slow and sluggish physically. Mentally it is harder to focus on what I am doing more or less like brain fog. Knowing that sleep deprivation can trigger negative mental feelings of depression (A.B. Williams et al., 2019) and anxiety (Nyer et al., 2013) I will try a little harder to get the sleep I need to function at my best.