

Sleep



sleep

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Sleep is associated with a state of muscle relaxation and reduced perception of environmental stimuli. Sleep is a naturally recurring state of mind and body, characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings. It is distinguished from wakefulness by a decreased ability to react to ...

Sleep - Wikipedia

Healthy Sleep Overview. Good sleep is necessary for optimal health and can affect hormone levels, mood and weight. Sleep problems, including snoring, sleep apnea, insomnia, sleep deprivation, and ...

Sleep Disorders Center: Types of Sleep Disorders, Symptoms ...

Sleep is an important part of your daily routine—you spend about one-third of your time doing it. Quality sleep - and getting enough of it at the right times -- is as essential to survival as food and water. Without sleep you can't form or maintain the pathways in your brain that let you ...

Brain Basics: Understanding Sleep | National Institute of ...

Physiologically, sleep is a complex process of restoration and renewal for the body. Scientists still do not have a definitive explanation for why humans have a need for sleep.

Sleep Disorders, Deprivation, Disturbance & How to Fall ...

Sleep definition, to take the rest afforded by a suspension of voluntary bodily functions and the natural suspension, complete or partial, of consciousness; cease being awake.

Sleep | Definition of Sleep at Dictionary.com

Sleep definition is - the natural, easily reversible periodic state of many living things that is marked by the absence of wakefulness and by the loss of consciousness of one's surroundings, is accompanied by a typical body posture (such as lying down with the eyes closed), the occurrence of dreaming, and changes in brain activity and physiological functioning, is made up of cycles of non-REM ...

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[the before i go to sleep](#), [night school wake up to the power of sleep](#), [help baby sleep through the night](#), [how to make an infant sleep through the night](#)