

# sleep hygiene spanish pdf

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## Why Do We Need Sleep?

We tend to think of sleep as a time when the mind and body shut down. However, sleep involves many important and necessary processes.

## How Sleep Works: Understanding the Science of Sleep

Sleep is a complex and dynamic biological process that still isn't fully understood. Learn about how sleep works and why it's vital for overall health.

## Benefits of Sleep: Improved Energy, Mood, and Brain Health

Getting enough quality sleep has a lot of mental and physical health benefits. Learn how sleep helps your body and brain, as well as how to get better sleep.

## Stages of Sleep: What Happens in a Normal Sleep Cycle?

Healthy sleep consists of four stages. We break down the traits of both REM and NREM stages, how they differ, and how to get better sleep.

## Sleep Advice, Mattress & Product Reviews | Sleep Foundation

At SleepFoundation.org, we combine decades of experience in sleep health education with comprehensive product testing and the latest in sleep research to put you on the path to good sleep.

## Sleep tips: 6 steps to better sleep - Mayo Clinic

Set aside no more than eight hours for sleep. The recommended amount of sleep for a healthy adult is at least seven hours. Most people don't need more than eight hours in bed to be well rested. Go to bed and get up at the same time every day, including weekends. Being consistent reinforces your body's sleep-wake cycle.

## How to Sleep Better

Looking for ways to sleep better? We share the steps you can take to improve sleep hygiene and get more restful sleep each night.

## How Much Sleep Do You Need? - Sleep Foundation

Sleep is essential, but how much sleep do we really need? Learn about how many hours of sleep kids and adults need and read useful tips for better sleep.

## **Mastering Sleep Hygiene: Your Path to Quality Sleep**

Looking for ways to sleep better? Improving sleep hygiene can make your habits, routines, & environment more conducive to consistent and restorative sleep.

## **Natural Cures for Insomnia: From Acupressure to Yoga - Sleep Foundation**

Looking to treat insomnia without taking sleeping pills? Learn about natural cures for insomnia and potential therapies that can improve your nightly sleep.