

# the sleeping beauty quartet

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## Sleep - Wikipedia

Sleep is a state of reduced mental and physical activity in which consciousness is altered and certain sensory activity is inhibited. During sleep, there is a marked decrease in muscle activity and interactions with the surrounding environment.

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

Getting enough quality sleep is essential for both mental and physical health. Key benefits of sleep include: Like eating well, staying hydrated, and exercising regularly, getting enough quality sleep is essential for your overall health.

## What happens during sleep — and how to improve it

Sleep impacts nearly every part of your health, from brain function to immune strength. Learn what happens in each phase of sleep, how to manage common disruptions, and simple ways to improve sleep hygiene. What is sleep, and why is it important?

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

Consider simple tips for better sleep, from setting a sleep schedule to including physical activity in your daily routine. Many factors can interfere with a good night's sleep — from work stress and family responsibilities to illnesses. It's no wonder that quality sleep is sometimes elusive.

## About Sleep | Sleep | CDC

About Sleep Key points Good sleep is essential for our health and emotional well-being. Getting enough sleep and good sleep quality are essential for healthy sleep. The amount of sleep you need changes as you age. Talk to your healthcare provider if you have problems sleeping.

## The Science of Sleep: Understanding What Happens When You Sleep

Sleep accounts for one-quarter to one-third of the human lifespan. But what exactly happens when you sleep? Before the 1950s, most people believed sleep was a passive activity during which the body and brain were dormant.

## Healthy Sleep - MedlinePlus

Sleep is a natural process that helps your body restore energy, supports learning and memory, and keeps you healthy. During sleep, your brain cycles through different stages of non-rapid eye movement (non-REM) sleep and rapid eye movement (REM) sleep.

## **Best Over-the-Counter Sleep Aids: 7 Brands | U.S. News**

OTC Sleep Aids and Sleeping Pills When falling asleep becomes a persistent problem, there are several OTC medications to try before you go to bed.

## **Sleep - American Heart Association**

Getting a good night's sleep every night is vital to cardiovascular health. Adults should aim for an average of 7-9 hours, and babies and kids need more depending on their age. Too little or too much sleep is associated with heart disease, studies show. What are the benefits of good sleep?

## **Sleep Tips - National Sleep Foundation**

It's important for your body to have a regular sleeping schedule. Set a relaxing bedtime routine, such as listening to calming music, reading a book or taking a warm bath.