
Why We Sleep Summary PDF Cheatsheet —

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- ? 1. **Many Benefits of Sleep:** Sleep has many large benefits for health, happiness, safety and success
- ? 2. **Sleep Deprivation:** Two-thirds of people don't sleep enough, impacting their health. Do you?
- ? 3. **Understanding Sleep Patterns:** Why do we feel sleepy or alert at different times? (Plus: tips for consuming caffeine)
- ? 4. **Identify Your 'Chronotype':** Are you a morning type or evening type of person?
- ? 5. **REM Sleep Cycles:** Every 90 minutes, we cycle into 'REM Sleep', crucial for dreaming and rest
- ? 6. **Additional REM Benefits:** REM dream-sleep provides extra benefits for emotional balance and creativity
- ? 7. **NREM Sleep:** NREM sleep is essential for learning and establishing long-term memories
- ? 8. **Improving Sleep Quality:** Environmental adjustments, not sleeping pills, are among the most effective treatments for insomnia

This is just a sample!

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