

What is sleep?

Something our body **MUST** do to stay mentally and physically healthy.



Sleep is not:

- ✘ A spell of unconsciousness
- ✘ Temporary coma
- ✘ A period of inactivity

Babies require the most amount of sleep, which is spread out across the day.

As we age, we need less sleep.

This coincides with neurodevelopmental changes.

Take it from the rats...

Your body needs sleep!

Groundbreaking sleep deprivation research involving rats shows just how essential sleep is to overall health. Curious about how they kept those rats awake for so long and what they found? Look up **Allan Rechtschaffen sleep deprivation (1983)** to get the full scoop!



Scan the QR code to learn more.

	6am - 12pm	12pm - 6pm	6pm - 12am	12am - 6am
Newborn				
1 years old				
3 years old				
5 years old				
10 years old				
15 years old				
Adult				

Developed in the 1920s, electroencephalography (EEG) allows us to evaluate the brain's electrical activity.

Thanks to the EEG, we know the brain is active during sleep. In the 1950s, Rapid Eye Movement (REM) was identified, leading to an understanding of sleep cycles.

