



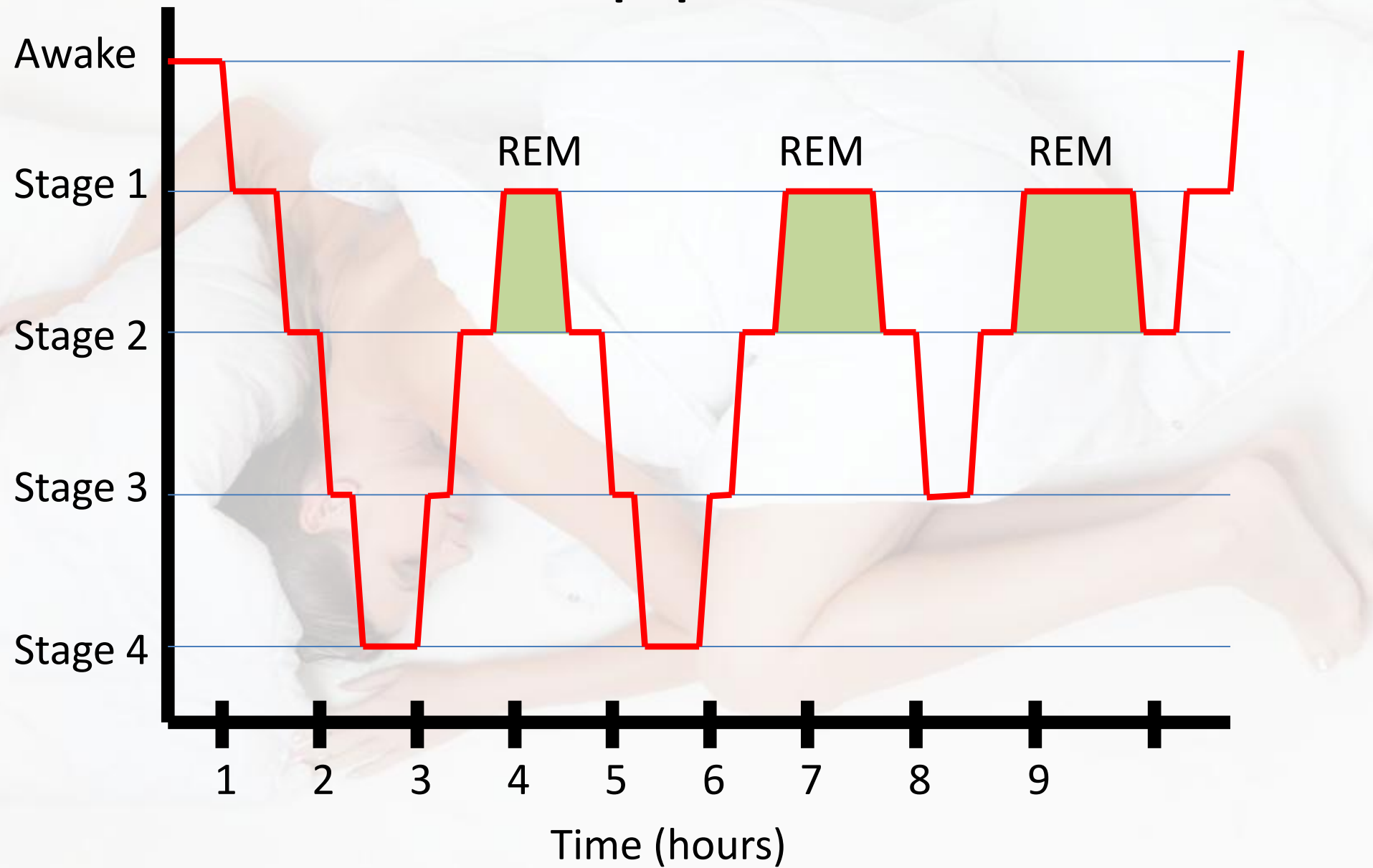
## 12. Good night

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# How much sleep is enough?



# Sleep phases



# Sleep well – Feel better

- Sleeping allows your brains to recharge
- During sleep, your brain process the happening of the past day → Things get stored from short term memory to long term memory i.e. learning happens
- Growth hormone (GH) gets secreted mostly during the nREM sleeping phase
- Sleeping relaxes your muscles and allows your body to recover

# Insomnia

- Almost everyone gets insomnia at some point in their lives
  - Being too worked up before bed time
  - Doing too heavy exercise or eating too heavy before bed time
  - Drinking caffeine before bed time
  - Too much screen time before bed time

# Homework...

- How often do you see dreams?
- Think of a dream you've had and write it down. Was it a good or a bad dream? Was it about something you had done earlier, or would like to do in the future?

