

## The Incredible Health Benefits Of Sleep

### Description

Everyone seems to be on the lookout for the perfect health supplement. We all want some magic pill that will make us healthier, less stressed, and allow us to enjoy life to the fullest.

What if you found out that this supplement already exists and everyone has free access to it?

Youâ€™d be jumping for joy and asking me where you can get it from! Well, all you have to do is lie down, close your eyes, and sleep.

Thatâ€™s right, the magic supplement is a good nightâ€™s sleep every single night! Thereâ€™s no need for any fancy pill or anything like that, you will see some remarkable health benefits when you start improving your sleep cycle.

Today, I want to discuss some of these benefits, so you see the importance of getting lots of sleep. Not only that, but Iâ€™ll end the article with some actionable tips to help you get more sleep

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## Sleep helps you maintain a healthy weight

Do you struggle with weight gain all the time? If you've been piling on the pounds, then the chances are it could be due to a lack of sleep. The two things seem unconnected, but there's a strong link that involves the hormone [leptin](#).

Leptin is one of the many hormones that control your hunger levels. It's meant to suppress your appetite and tell you when you're full. When you don't get enough sleep, this hormone isn't produced as much as it should be. The result is that you feel hungrier. From here, you start stuffing your face to calm your hunger.

If you got more sleep, then you'd produce a normal amount of leptin and suppress these feelings of hunger, maintaining a healthy weight.

## Sleep can help you build muscle

That's right, sleep can play a role in the muscle-building process. Mainly it comes down to what happens to your body [after a workout](#). When you've been lifting weights, you break down the fibers in your muscles. This leads to the classic feelings of soreness you get the next day. Muscles need to get broken down in order to be built back up bigger and stronger.

Sleep is vital in all of this. When you're asleep, your body recovers far quicker than when you're awake. So, by getting lots of sleep each night, your body can recover from gym sessions and build your muscles back up. A lack of sleep leads to persistent soreness, meaning you can't train again, or you can, but you [risk overtraining](#) and damaging your muscle growth.

## Sleep reduces stress

Getting lots of sleep every night is proven to [reduce your stress levels](#). This is because sleep lets your body relax and get ready for the next day. Anyone that's woken up after a couple of hours of sleep will know what this feels like. You're grouchy, everything annoys you, and your stress levels go through the roof.

The main problem is that feeling tired makes you feel stressed. When you have other things stressing you out, the last thing you want is to feel like you need some sleep. Then, you stress over your lack of sleep! So, sleeping more each night can help you feel more calm and relaxed.

## Sleep prevents heart disease

Yep, sleep can keep your heart healthy and prevent cardiovascular diseases.

How?

Itâ€™s mainly to do with your blood pressure. High blood pressure causes heart complications, and your blood pressure will usually be high when you donâ€™t get enough sleep. Therefore, a proper amount of sleep every night will keep your blood pressure at a regular level. Thus, the risk of heart disease decreases!

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## How do you get more sleep?

As you can see, sleep is so beneficial for your health. It impacts so many different elements of your health system:

- Mental health
- Cardiovascular health
- Physical health
- Digestive health

Naturally, many of you are reading this feeling a bit worried. You know you don't get enough sleep every night, so you fear that all the potential health problems could be coming your way. Well, health issues don't happen overnight, they happen after you consistently get a bad night's sleep for months and years on end.

What's more, if you improve your sleep schedule, then you will start to turn the tide and see all the benefits.

With that in mind, here are some ways to help you sleep better every night:

- Take a sleep supplement: sleep supplements are useful for people with problems like insomnia that stop them from getting to sleep. Typically, the best supplement is melatonin. This is a hormone we produce to help us sleep, so you're giving yourself a boost. It's generally safe, and you shouldn't have issues [using melatonin during pregnancy](#) if you're a woman or if you have any health conditions. If you're worried, then a simple check with your doctor will suffice. Many have also tried more alternative supplements and had great success. CBD oil has been shown to reduce anxiety, which will encourage restful sleep. There is [a guide to find CBD for sleep](#) online. But with alternative therapies, make sure you do your research and start with a low dose.
- Stop drinking caffeine before bed: do you enjoy an evening coffee or tea? Stop doing this as [caffeine stays in your system](#) for hours after you drink it. Therefore, it will keep you awake for longer than usual. This results in a late bedtime and a lack of sleep.
- Stick to a routine: speaking of bedtime, you need to set one for yourself every night. Get into the routine of going to bed at 10 or 11 pm, then waking up at 7 or 8 am. This gives you the 8 hours minimum you need for a nice sleep. By sticking to a routine, your body will adjust and you'll find it easier to fall asleep at the same time every night.
- Stop staring at screens: avoid watching TV or using your phone/computer before bed. The light from these screens can keep you awake, so spare half an hour or so of no screen time before going to sleep. It'll help you sleep deeper and easier.

In conclusion, there are so many incredible health benefits of sleep. We've barely scratched the surface as well. The benefits listed above are some of the best and most significant, but there are loads more. If you struggle to sleep well every night, then follow the advice above to fix this and reap the

rewards of a good nightâ€™s sleep.

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