



# Why Do We Sleep?

## Sleep is Important for Health

### We need sleep for:

1. Memory consolidation
2. Immune system optimization
3. Reduction of oxidative stress
4. Regulation of hormones



### Healthy sleep optimizes:

1. Cognitive function
2. Cardiovascular system
3. Immune response
4. Metabolism, possibly promoting weight loss



### Factors that affect sleep quality:

1. Medications
2. Travel
3. Alcohol and caffeine
4. Screen time
5. Physical activity



### Common sleep problems:

1. Insomnia
2. Hypersomnia
3. Sleep apnea
4. Restless leg syndrome
5. Narcolepsy
6. Stress- and anxiety-induced sleep disturbances
7. Teeth grinding



## Nutrients and Herbs to Support Sleep



### Magnesium

Can improve sleep quality

### Vitamin C

Modulates cortisol, a hormone that impacts sleep

### B vitamins

Vitamins B<sub>3</sub>, B<sub>6</sub>, and B<sub>12</sub> regulate levels of tryptophan, a precursor to melatonin

### Ashwagandha

Improves sleep quality and reduces anxiety

### Schisandra

Anti-anxiety, modulates cortisol, and improves sleep quality

### Kava

Reduces stress and insomnia