

# Five Reasons to Get a Good Night's Sleep



On average, we spend a third of our life asleep, so it must be important! Did you know that your brain works nearly as much when you're asleep as when you're awake? If you want your brain to work as well as possible, you need a good night's sleep. Here are five things your brain does whilst you are asleep.

## 1. It Creates Memories

Whilst you're asleep and blissfully unaware of what is going on, your brain is forming new memories from new information picked up during the day, linking the most recent events with older ones. So, don't pull an 'all-nighter' before your exams – if you don't sleep, your ability to remember things can fall by as much as 40%.

## 2. It Makes Creative Connections

Whilst you are snoozing, the brain is hard at work making connections that it doesn't do whilst you're awake - so you could well suddenly come up with a solution to a problem as soon as you wake up!

## 3. It Clears Out All the Rubbish

An important function of sleep is to get rid of all the toxins in our brain, which means it will be fresh and raring to go after a good night's sleep.

## 4. It Makes Decisions

Your brain is processing information and preparing for action all through your sleep - you'll wake up refreshed and everything you were thinking about the day before will be mostly consolidated.

## 5. It Learns and Remembers How to Do Tasks

The brain stores information into the long term memory whilst you are asleep - this is particularly with physical tasks like learning a new dance or improving your tennis playing. All good stuff!

**Make sure that you get a good night's sleep so that your brain can work hard!**

