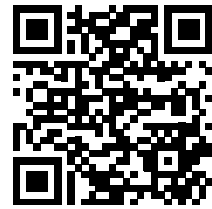


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Why We Need Good Sleep.



Sleep is crucial for maintaining good _____ and overall well-being. Every night, our bodies require a certain amount of sleep to repair _____, consolidate memories, and release hormones regulating growth and _____. Getting enough sleep helps to improve our mood, enhance our brain function, and support our immune _____. Conversely, a lack of sleep can lead to a variety of health issues, including obesity, diabetes, cardiovascular _____, and depression.

Adolescents, in particular, need about eight to ten _____ of sleep each night to function best. However, many teenagers do not get the recommended amount of _____, partly because of school pressures, social life, and the use of electronic devices before _____, which can interfere with the body's natural sleep cycle.

The quality of sleep also matters. Deep sleep, or _____ sleep, plays a significant role in feeling rested and energetic the next _____. It's during this stage that the body repairs itself and builds up _____ for the day ahead. REM sleep, another critical phase, is where most dreaming _____ and is essential for emotional regulation and memory consolidation.

Practicing good _____ hygiene can significantly improve the quality of sleep. This includes maintaining a consistent sleep _____, creating a comfortable sleep environment, and avoiding caffeine and electronic devices before bedtime.

Understanding the _____ of sleep and taking steps to improve sleep habits can lead to significant improvements in health, _____, and overall quality of life.

For adolescents navigating the challenges of growth and _____, prioritizing sleep is especially crucial. It's not just about getting enough _____ of rest, but ensuring that the sleep is restorative and of good quality.

day mood hours occurs slow-wave disease sleep health bedtime hours
muscles appetite rest importance energy development schedule system