

Healthy sleep and rest create a high quality life

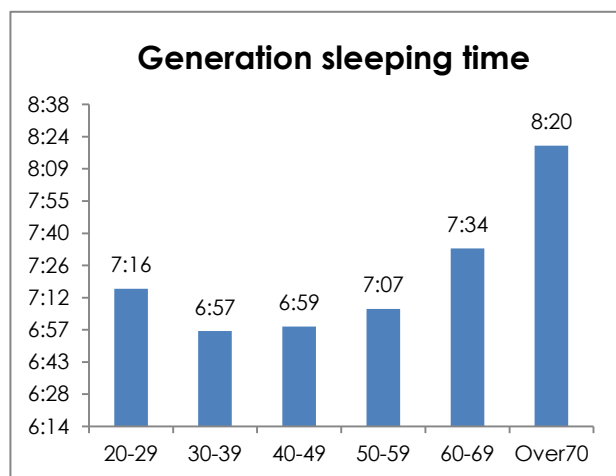
SLEEPING GUIDELINE FOR HEALTH

How long to sleep leads to thinking about the role of sleeping. The role of sleep for human beings is in resting the developed brains.

For human beings, "sleeping" restores this developed cerebrum, tired of the brain and the body, and restores the function of the mind and body.

Sleep is better than length

Frequently, the ideal sleeping time is "8 hours a day", but this is not a medical ground, it is derived from statistics that many people sleep between 6 and 9 hours. It is just average sleeping time. According to the National Time Life Time

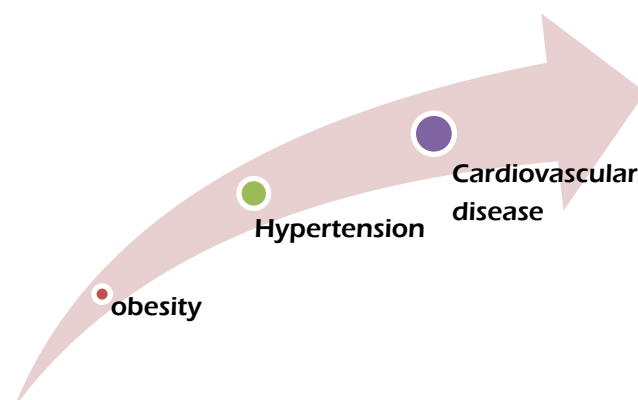


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Survey©2000 Japan Broadcasting Corporation, the average sleeping time of Japanese people is 7 hours 23 minutes. Basically, if there is no sleepiness during the day and enough sleep time is secured for proper activity, there is no problem.

A deep relationship between sleep and lifestyle diseases

It is known that poor sleep increases the risk of acquiring lifestyle diseases and exacerbates symptoms. Chronic sleep deprivation not only causes deterioration of mental function such as drowsiness, decreased motivation, memory decline, etc. It is known that it has a big influence on hormone secretion and autonomic nervous function¹ in the body. It is clear that people who are actually chronic sleep deprivation are susceptible to lifestyle diseases. If you feel doubt about your sleeping condition, let's consult a sleeping specialist.



¹It is a nerve that coordinates the activities of circulatory organs, digestive organs, respiratory organs, sympathetic and parasympathetic.