



sleep

5/21/2024

608-238-6001 [TEL]

greg@cruisingreview.com [Email]

Cruising Review

Sleep: Publications and Research from
SwissMixIt

Structured Data



This webpage QR code

```
<script type="application/ld+json">
  {
    "@context": "http://schema.org",
    "@graph": [
      {
        "@type": "Organization",
        "@id": "https://cruisingreview.com/#organization",
        "name": "Cruising Review",
        "url": "https://cruisingreview.com",
        "sameAs": [
          "https://www.youtube.com/channel/UC7gOvLwcx8MtYt3ExzAZJQ",
          "https://www.instagram.com/pepe.g6",
          "https://www.facebook.com/pepe.g6",
          "https://www.linkedin.com/company/pepe.g6",
          "https://www.pinterest.com/pepe.g6",
          "https://www.snapchat.com/add/pepe.g6",
          "https://www.tiktok.com/@pepe.g6",
          "https://www.twitch.tv/pepe.g6",
          "https://www.vimeo.com/pepe.g6",
          "https://www.youtube.com/pepe.g6"
        ],
        "telephone": "608-238-6001",
        "email": "greg@cruisingreview.com",
        "logo": "https://cruisingreview.com/logo.png"
      },
      {
        "@type": "WebSite",
        "@id": "https://cruisingreview.com",
        "url": "https://cruisingreview.com",
        "name": "Sleep: Publications and Research from SwissMixIt",
        "description": "Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others. Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested. Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes."
      },
      {
        "@type": "NewsArticle",
        "mainEntityOfPage": {
          "@type": "WebPage",
          "@id": "https://cruisingreview.com/smx/sleep.html"
        },
        "headline": "Sleep: Publications and Research from SwissMixIt",
        "image": "https://cruisingreview.com/images/",
        "datePublished": "2024-05-21T08:00:00+08:00",
        "dateModified": "2024-05-21T09:20:00+08:00",
        "author": {
          "@type": "Organization",
          "name": "Cruising Review",
          "url": "https://cruisingreview.com"
        },
        "publisher": {
          "@type": "Organization",
          "name": "Cruising Review",
          "logo": {
            "@type": "ImageObject",
            "url": "https://cruisingreview.com/logo.png"
          }
        }
      }
    ]
  }
</script>
```

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems. It also can affect how well you think, react, work, learn, and get along with others. Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin). When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested. Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/sleep.html>

Sleep Botanical Information

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety. The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time. For example, ongoing sleep deficiency can raise your risk for some chronic health problems.

It also can affect how well you think, react, work, learn, and get along with others. Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information. Sleep plays an important role in your physical health. For example, sleep is involved in healing and repair of your heart and blood vessels.

Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep helps maintain a healthy balance of the hormones that make you feel hungry (ghrelin) or full (leptin).

When you don't get enough sleep, your level of ghrelin goes up and your level of leptin goes down. This makes you feel hungrier than when you're well-rested.

Sleep also affects how your body reacts to insulin, the hormone that controls your blood glucose (sugar) level. Sleep deficiency results in a higher than normal blood sugar level, which may increase your risk for diabetes.

Keywords: melatonin, wine, beer, polyphenols, free radical, dreaming, emotions, sleep quality, good sleepers, poor sleepers, sleep hygiene, public health, caffeine, nicotine, alcohol, exercise, stress, noise, sleep timing, napping, sleep deprivation, sleep rebound, oxidative stress, glutathione recycling, resistance to disease, REM sleep, Free radicals, Hypothalamus, Midbrain, Hindbrain, triphlorethol A, phlorotannins, marine polyphenols, sleep, EEG, hypnotic, transdermal melatonin, daytime sleep, sleep maintenance, hypnotic, EEG spectra, circadian wake drive, body temperature, alertness, copper oxide, pillowcases, skin, lifting, brightness, clinical study, Cancer incidence, Sleep duration, Categorical meta-analysis, Dose-response meta-analysis, sleep, academic performance, students, pharma
