The importance of sleep Why do we need to sleep? Sleep is very important for the brain. While we are asleep, the brain repairs itself. It also stores information that it learned during the day. If we do not get enough sleep, the brain cannot do these things. We become tired and we cannot remember things so well. Our body's 'immune system', which is its self–defence system, becomes weaker, so we are more likely to get ill. What stops us sleeping? Most people find sleep difficult because they are not relaxed. They do not exercise enough during the day, and in the evening they are still thinking about their work or studies. In addition, they make phone calls or look at email messages until late at night. They also have too many drinks which contain caffeine, such as coffee, and eat dinner just before they go to bed. All of this is bad for sleeping. What can we do? Of course, it is important to be relaxed. However, there are other things we can do to help us get a good night's sleep. First of all, we should make sure that the bed is comfortable, with a good mattress and pillows. The bedroom should be dark and quiet, so that we are not disturbed by light or noise. We should also have the same routine every evening before we go to bed. For example, we should read a book, have a hot bath, or listen to relaxing music. Finally, we should try to go to bed at the same time every night. In this way, we will start to sleep better and feel more active the next day.

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