

Sleep

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Sleep

Introduction. Sleep is an important part of your daily routine—you spend about one-third of your time doing it. Quality sleep – and getting enough of it at the right times – is as essential to survival as food and water.

Brain Basics: Understanding Sleep | National Institute of ...

What you should know about sleep disorder symptoms, causes, and treatment. Good sleep is necessary for optimal health and can affect hormone levels, mood and weight. Sleep problems, including ...

Sleep Disorders Center: Types of Sleep Disorders, Symptoms ...

Sleep-deprived people perform poorly on tests such as driving simulators and tests of hand-eye coordination. Sleep deprivation can also magnify the effects of alcohol, meaning that a sleep-deprived person will be more susceptible to becoming impaired after alcohol consumption than a well-rested person.

Sleep Disorders, Deprivation, Disturbance & How to Fall ...

Sleep is the balm that soothes and restores after a long day. Sleep is largely driven by the body's internal clock, which takes cues from external elements such as sunlight and temperature.

Sleep | Psychology Today

Sleep definition is - the natural, easily reversible periodic state of many living things that is marked by the absence of wakefulness and by the loss of consciousness of one's surroundings, is accompanied by a typical body posture (such as lying down with the eyes closed), the occurrence of dreaming, and changes in brain activity and physiological functioning, is made up of cycles of non-REM ...

Sleep | Definition of Sleep by Merriam-Webster

sleep (slēp) n. 1. a. A natural periodic state of rest for the mind and body, in which the eyes usually close and consciousness is completely or partially lost, so that there is a decrease in bodily movement and responsiveness to external stimuli. During sleep the brain in humans and other mammals undergoes a characteristic cycle of brain-wave activity ...

Sleep - definition of sleep by The Free Dictionary

Sleep - Wikipedia ... Sleep

Sleep - Wikipedia

Sleep is a vital indicator of overall health and well-being. We spend up to one-third of our lives asleep, and the overall state of our "sleep health" remains an essential question throughout our lifespan.

National Sleep Foundation

How to Sleep Better 'Sleep Hygiene' Solutions for Better Sleep. By Michael J. Breus, PhD. From the WebMD Archives. From having occasional difficulty sleeping to insomnia, there is a lot you can do ...

How to Sleep Better: Sleep Deprivation Solutions

Sleep Topics: Healthy Sleep Tips This content was created by the National Sleep Foundation. Healthy sleep habits can make a big difference in your quality of life. Having healthy sleep habits is often referred to as having good sleep hygiene.

Sleeping Tips & Tricks - National Sleep Foundation

Not getting enough sleep can lead to motor vehicle crashes and mistakes at work, which cause a lot of injury and disability each year. Getting enough sleep is not a luxury—it is something people need for good health. Sleep disorders can also increase a person's risk of health problems.

CDC - Sleep Home Page - Sleep and Sleep Disorders

Sleep Edit Page Content. This spell sends creatures into a magical slumber. Roll 5d8, the total is how many Hit Points of creatures this spell can affect. Creatures within 20 feet of a point you choose within range are affected in ascending order of their current Hit Points (ignoring Unconscious creatures).

Sleep | D&D 5th Edition on Roll20 Compendium

Sleep - This uses very little power, your PC starts up faster, and you're instantly back to where you left off. You don't have to worry that you'll lose your work because of your battery draining, because Windows automatically saves all your work and turns off the PC if the battery is too low.

Shut down, sleep, or hibernate your PC - Windows Help

sleep with one eye open v expr verbal expression. Phrase with special meaning functioning as verb—for example, "put their heads together," "come to an end." figurative (stay alert to danger) ne dormir que d'un œil loc v locution verbale: groupe de mots fonctionnant comme un verbe.

sleep - English-French Dictionary WordReference.com

10 hours of deep sleep music that hopefully will help you to fall asleep. Relaxing music for sleeping and meditation composed by Peder B. Helland for Soothing Relaxation. The title of this track ...

10 Hours of Deep Sleep Music - Relaxing Music for Sleeping & Meditation by Soothing Relaxation

Give sleep supplements a shot. There are many sleep supplements available that may help you fall asleep. Before trying a supplement, it's wise to consult your doctor, especially if you have a medical condition, take any medications, or are pregnant or breastfeeding. Your body produces melatonin naturally, and it is the most common sleep supplement on the market.

5 Ways to Fall Asleep - wikiHow

Sleep definition, to take the rest afforded by a suspension of voluntary bodily functions and the natural suspension, complete or partial, of consciousness; cease being awake. See more.

Sleep | Definition of Sleep at Dictionary.com

No, Bandits no. 3, 5 and 1 are asleep, not dead. They still have the same hp as before they were sent to sleep. There is no damage dealt. It's a status effect, not a damage spell. You don't necessarily need to have damaged the target(s) before using the spell, but the less hp they have when you use the spell the more creatures you can effect.