

## Biorhythms, Sleep and Dreaming – Functions of Sleep

### **Why?**

- Repair / Restoration
- Regeneration
- To make sense of events in the day
- To allow subconscious to rise to surface
- Rest for internal organs
- Rest for the brain
- To Grow

### **Functions**

- "To Dream"
- Ecological Theories
- Restoration

### **Side Effects of Sleep Deprivation**

- Physical tiredness
- Lack of concentration
- Lower immune system
- Lower temperature
- Irritable
- Not alert
- Lack of physical control
- Emotional exhaustion
- Easily upset
- Depression
- Slow reaction times