



01

Better Mental Health

Your mood and mental health will improve when you get the right amount of sleep. What's more, sleep can help improve cognitive performance.



02

Rapid Muscle Toning

Looking to bulk up quickly? There's no better way to do it than to snooze. The body uses sleep to repair and restore the body, which hastens muscle growth after a workout.



03

Safer Driving

Several studies have shown that driving while drowsy is actually more dangerous than driving while intoxicated.



04

Improved Productivity

Want to focus and work faster? Get some rest! Lack of sleep and drowsiness lead to poor concentration which impacts productivity.



05

Reduced Risk of Diabetes

Blood sugar control goes hand in hand with getting enough sleep. People who sleep 8 hours per night are 1.7 times less likely to develop diabetes than those who sleep 6.



06

Lower Stress Levels

It's much harder to think logically and rationally when you haven't slept enough, and those who report poor sleeping habits usually report higher stress levels as well.

10 Unexpected Benefits of Getting Enough Sleep



07

Healthier Skin

Want faster-healing skin, more protection against ultraviolet rays, and fewer signs of aging? Adequate sleep could be the key, according to a study from the National Library of Medicine.



08

Enhanced Memory

Forget tying a string around your finger to remember things, just get enough sleep. While you're sleeping, the brain works to categorise your memories and experiences.



09

Fewer Headaches

Many Singaporeans suffer from migraines and other chronic headaches. For some, the cause is unknown, but for many, it's lack of sleep.



10

Stronger Immune System

A poor sleep pattern can mean your immune system isn't able to function properly and fight off infections or bacteria that come your way.