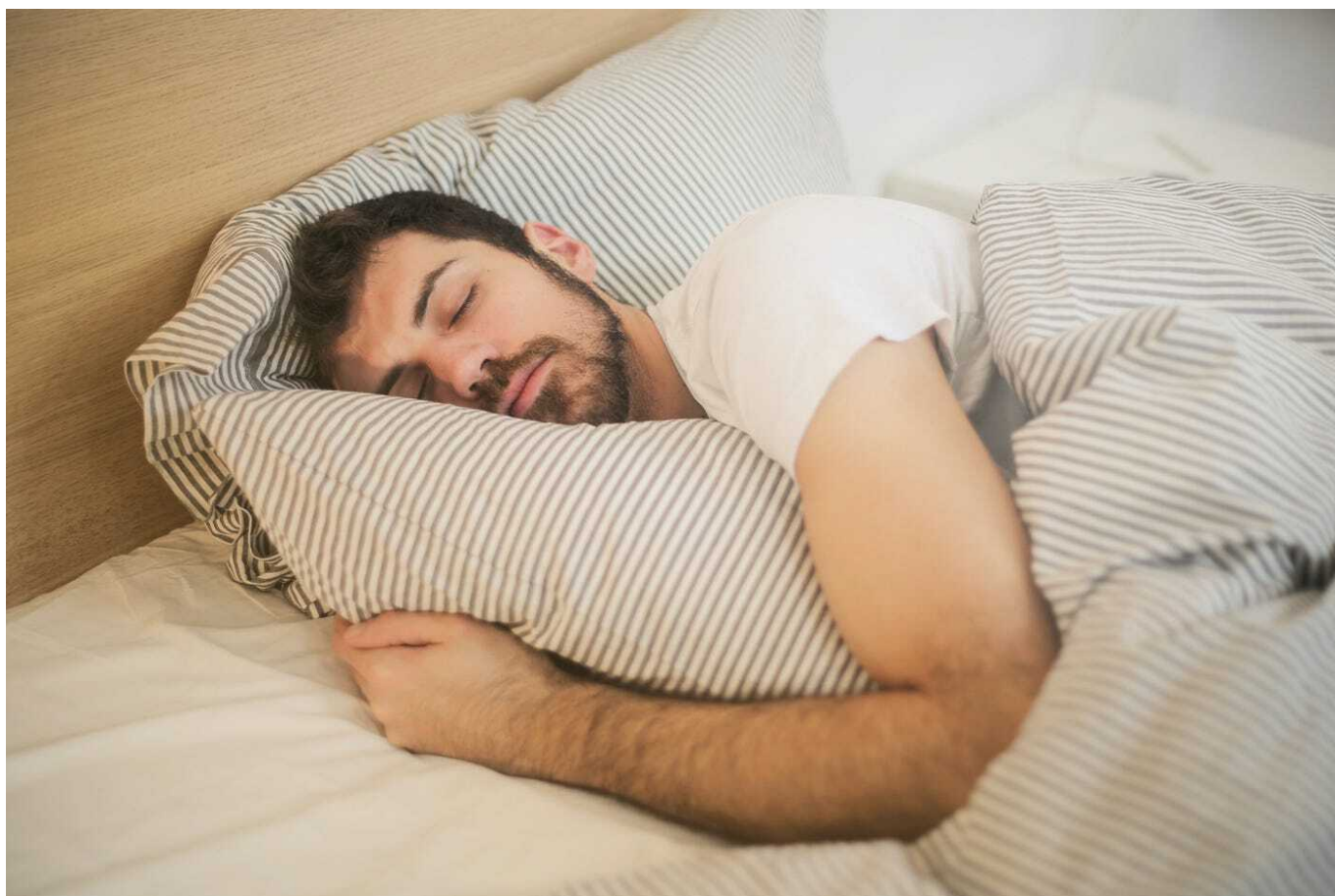


Sleep longer is often perceived as pampering, laziness or something wrong. But it is on the holidays, the weekend and vacation that we begin to sleep longer and deeper. Thanks to this sleep, the body is restored.

During the working year, a lack of sleep is often accumulated. Therefore, in the first days of vacation, we often sleep for an hour or two longer every night. The body is thus trying to recover.

In addition, the structure of sleep changes during rest. Sleep cycles become more regular, we are generally more in the stage of slow sleep, which is associated with physical restoration and strengthening of immunity.



Andrea piaquadio on pexels.com

Partly sleep on holidays is associated with a decrease in the level of hormone stress cortisol. At the same time, often during vacation we see more bright dreams, sometimes even disturbing. This is due to the fact that the brain no longer suppresses the phase of quick

sleep, as when we do not get enough sleep. A quick dream is critical for the work of memory, mood regulation and cognitive flexibility.

On the other hand, the habit of sleeping longer, especially more than 9 hours a day, can be an alarm. In some scientific research, it is associated with a higher level of depression, heart disease, and early death. Also, a prolonged dream can be a symptom of the disease, not a cause.

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