

Sleep Facts

Sleep: A Window To Your Health

By Avner Halperin

(NAPSA)—Even though most people do it every night, science still has had a hard time understanding sleep. Greek philosophers argued about it; scientists studied it for millennia and just about everyone recognizes it's important. For thousands of years, people believed sleep was a passive state during which active physical and mental processes are "on hold." But sleep is much more.

Sleep is a complex process; it's a time for internal restoration and recuperation, when the body heals and the brain rejuvenates. Sleep serves as a window to overall health—if monitored correctly.

Today, to gain an accurate picture of sleep and health, you don't have to be hooked up to heavy machinery. Medically proven, contact-free sensor technologies are available for at-home use to provide useful health information.

There are four benefits to tracking health during sleep:

1) Sleeping bodies are perfectly at rest, which provides an accurate baseline of our vital signs. Monitoring your heart and breathing patterns each night, you can quickly detect any fluctuations and gain advanced warning of health disorders such as heart complications, fever or breathing disorders. Access to this information means you can get doctors to intervene quickly to address any problems. Conversely, people working to improve their health can be motivated by seeing results of their efforts in improved vital sign statistics.

2) Using contact-free sensor technologies that require no setup and don't need to be worn means users don't have



Healthy sleep doesn't have to be a dream if you keep track of it through the latest technology.

to change anything about their lifestyle to access critical health information collected during sleep.

3) At-home health sensors that have been proven accurate on hundreds of thousands of patients in hospitals can be particularly useful monitoring the health of older people at home as well. This can provide peace of mind to their loved ones who can monitor their health stats via a remote viewing app.

4) Access to accurate data on sleep and health means you have the information you need to make adjustments and improve your sleep. Quality sleep has been linked to stronger immune systems, improved academic success, better cognitive performance function and job performance, and general happiness. So it pays to get a good night's rest.

While scientists continue to try to understand why people need to sleep, you can take advantage of the lifesaving and life-improving advances that sleep monitoring technology provides.

Learn More

For further facts on sleep, go to www.livebyearlysense.com.

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