

Purpose of Sleep

Restorative Function

GH-tissue repair & protein synthesis

Energy Conservation

Decreased metabolism to allocate limited energy resources

Immune Function Regulation

Sleep enhances immunity

Ontogenetic Hypothesis

Brain maturation during infancy

Memory Consolidation

Including naps

Synaptic Homeostasis

Brain plasticity

Glymphatic Sleep System

The Functions Of Sleep

Clifford Lane



The Functions Of Sleep:

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