

# World Sleep Day 2026



**10 reasons** that reveal why sleep is one of the most important allies for a healthier, more balanced and productive daily life.

**1. Sleep literally "cleanses" the brain**

During deep sleep, a natural system for removing toxins from the brain is activated. It is like an "internal cleansing" mechanism that helps the mind function with greater clarity and efficiency.

**2. It regulates emotions and reduces tension**

Adequate sleep helps the brain process our emotions better. When we sleep well, we have a better understanding of situations, we react more calmly to challenges, and we are less likely to experience excessive anxiety or irritability.

**3. It enhances creativity and problem-solving**

Often, the best ideas come after a good night's sleep. The brain connects the information it receives and the experiences it gains in each situation more effectively, creating new ways of thinking and finding solutions.

**4. It protects against burnout**

Sleep acts as a key mechanism for recovery from physical and mental fatigue. When it is sufficient, it helps an individual to maintain higher levels of resilience to stress and the demands of everyday working life.

**5. It improves memory and the learning ability**

During sleep, the brain organizes and stores new information. This means that adequate rest supports this process and contributes to better concentration and efficiency in our work, and in general.

## **6. It boosts mental resilience**

When we sleep well, it has been proven that the brain manages the difficulties of everyday life more effectively. Good sleep helps us maintain higher levels of optimism, self-control, and inner balance.

## **7. It improves the quality of human relationships**

Lack of sleep affects how we perceive and relate to the emotions of others. When we are well rested, we show greater patience and communicate more clearly, with more understanding and empathy.

## **8. It restores energy and concentration levels**

Sleep is the primary way in which the body and brain replenish lost energy. A good night's sleep allows us to start the day with greater clarity, energy, and effectiveness.

## **9. It supports physical health and the immune system**

During sleep, the body activates mechanisms to restore and strengthen the body's defence. Good sleep helps us maintain a stronger immune system and better overall health.

## **10. It improves the sense of well-being and balance in life**

When we sleep well, we feel calmer and more positive, mentally. Sleep is a key factor in well-being, affecting our personal, family, and professional lives.

**If you or someone you care about is experiencing sleep problems, you can contact your EAP.**

**24/7** Counselling Support Line

**800 8481 734** (from a landline, free of charge)

**211 3454 422** (from a mobile or landline, the charge depends on your provider's pricing policy)