

# Sleep Number 7000 Manual

What exactly does sleep do for your body and mind? Here's what researchers know about the science of sleep—including the stages of sleep, your biological clock, health connections and more. Consider simple tips for better sleep, from setting a sleep schedule to including physical activity in your daily routine. Many factors can interfere with a good night's sleep — from work stress and family ... Jul 10, 2025 · Everyone needs sleep, but about one in three American adults don't get enough of it. The consequences of sleep deprivation are serious, so it's worth learning why sleep matters, how it ... Serving all of Middle Tennessee, we have five convenient locations to ensure that we are easily accessible and readily available to you or your loved one who may be suffering from a sleep disorder. Jun 1, 2025 · Sleep affects nearly every part of your health, from brain function to immune strength. Learn what happens in each phase of sleep, how to manage common disruptions, and simple ways ... Sleep is a complex and dynamic process that affects how you function in ways scientists are now beginning to understand. This webpage describes how your need for sleep is regulated and what ... Jun 19, 2023 · Sleep is a body process that allows your body to rest, repair and restore itself. You need sleep to function properly. Lack of sleep has links to many health issues. Sleep is a state of reduced mental and physical activity in which consciousness is altered and certain sensory activity is inhibited. During sleep, there is a marked decrease in muscle activity and ... Quality sleep means you are getting uninterrupted and refreshing sleep. Getting quality sleep is not just about how many hours you sleep, but how well you sleep. Dec 9, 2025 · Sleep is a natural process that helps your body restore energy, supports learning and memory, and keeps you healthy. During sleep, your brain cycles through different stages of non ...

*Sleep: What It Is, Why It's Important, Stages, REM & NREM*  
*The Science of Sleep: Understanding What Happens When You Sleep*  
*About Sleep | Sleep | CDC*  
[The Center For Sleep](#)

## Sleep - Wikipedia

*What happens during sleep - and how to improve it - Harvard Health*

## Brain Basics: Understanding Sleep - National Institute of Neurological ...

*Why Do We Need Sleep?*

*Healthy Sleep - MedlinePlus*

## Sleep tips: 6 steps to better sleep - Mayo Clinic

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