



How Does Sleep Effect my Immune System?



When struck with signs of sickness, the first instinct is often to encourage more sleep. However, keeping a consistent sleep routine is nearly impossible with the stresses of work and managing family and social commitments. While you might think that diet and exercise are vital to boosting your immune health, sleep also plays a significant role. The optimal immune function requires better and enough sleep.

Production of cytokines

When you are sleeping, your immune system releases proteins known as cytokines. Some of these cytokines need to increase when you get an infection, inflammation or when under stress. Sleep enhances their production hence regulating your defense and mediating the innate immune response.

Promotes increased macrophage

With adequate sleep, you get to enhance the efficiency of T helper cells which play a significant role in [immune support](#). The T cells help in fighting invading bacteria, viruses, or any antigens and ultimately destroy them. In addition, they are the immune cells that fight against intracellular pathogens. Sleep improves T cell functioning. That is why when you get adequate sleep, you enjoy higher levels of integrin activation. What's even better, sleep interferes with the pathogen replication cycle, which is pretty helpful to your health.

People tend to underestimate the importance of sleep, yet it has a crucial role to play in immune support. You have to take care of it to be healthy. Remember, sleep should leave you feeling refreshed, not groggy and struggling.

So, how much sleep do you need to improve your immune system? To ensure maximum [immune support](#), adults require seven to eight hours of sleep each night, while teenagers need up to eight hours. Once you are getting sufficient sleep, you can rest assured you will bolster your immune system sufficiently.

If you need help falling asleep and staying asleep, [Restiva Sleep Formula from Results RNA](#) is a wonderful option to look into. You won't regret getting the help you need to get the sleep you deserve!