

Why do we sleep? [1]

Submitted on 9 August 2017 - 1:04am

This article is reproduced by CienciaPR with permission from the original source.

No

CienciaPR Contribution:

[Dialogo Digital](#) [2]

Original Source:

Roberto León Barriera

By:



Often we don't think about why we have to sleep, however, we recognize that we feel better and have more energy after we rest. Studies show that we spend around a third of our lives sleeping. Why? The reality is that there is no consensus for this question. Nonetheless, even though it's hard to answer, sleeping has many benefits.

For the full article, please refer to the Spanish version of this site.

- Tags:**
- [apnea de sueño](#) [3]
 - [ciencia](#) [4]
 - [dormir](#) [5]
 - [hábitos para dormir](#) [6]
 - [insomnio](#) [7]

- Content Categories:**
- [Biological and health sciences](#) [8]

Copyright © 2006-Present CienciaPR and CAPRI, except where otherwise indicated, all rights reserved

[Privacy](#) | [Terms](#) | [Community Norms](#) | [About CienciaPR](#) | [Contact Us](#)

Source URL: <https://www.cienciapr.org/en/external-news/why-do-we-sleep>

Links

- [1] <https://www.cienciapr.org/en/external-news/why-do-we-sleep> [2] <http://dialogoupr.com/por-que-dormimos/>
[3] <https://www.cienciapr.org/en/tags/apenea-de-sueno> [4] <https://www.cienciapr.org/en/tags/ciencia> [5]
<https://www.cienciapr.org/en/tags/dormir> [6] <https://www.cienciapr.org/en/tags/habitos-para-dormir> [7]
<https://www.cienciapr.org/en/tags/insomnio> [8] <https://www.cienciapr.org/en/categorias-de-contenido/biological-and-health-sciences-0>