

Why do we sleep? ^[1]

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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.

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