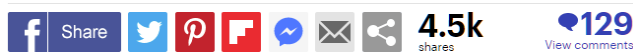


The best way to boost your immunity to coronavirus and other illnesses is getting more SLEEP - as doctors highlight the dangerous effect of restless nights

- Brain and sleep monitoring expert has revealed why sleep is important for health
- Dr David Burton explained that a sleep good routine is key to combating illness
- He said if we don't get enough sleep our bodies are slow to respond and perform

By [MARY MRAD FOR DAILY MAIL AUSTRALIA](#)

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An Australian brain and sleep monitoring expert has revealed how a good night's sleep can help boost your immunity as the [coronavirus](#) outbreak sweeps across the globe.

Dr David Burton, who is the CEO and executive chairman of Compumedics Limited, has shared the reasons why sleep is important and said that a good routine, is key to combating illness ahead of World Sleep Day on March 13.

'Sleep, nutrition and exercise are known as the three pillars of health, and in order to maintain optimum physical and mental wellness, we need all three [of the] pillars to be fortified,' he explained.



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Dr David Burton, who is the CEO and executive chairman of Compumedics Limited, has said a good sleep routine is key to combating illness(stock image)

According to a report by the [Sleep Health Foundation](#), sleep deprivation is a problem for many Australians with 7.4 million adults saying they don't get enough rest.

'If we lack adequate sleep, our physical, mental and emotional health is compromised as our brain, muscles, nerves, neurons and complex internal systems, including our immune system, are slow to respond and unable to function or perform well.'

The problems when struggling with sleeplessness are poor concentration, lacklustre skin, being more susceptible to illness and mood swings.

If individuals don't have enough sleep, they are also at greater risk of 'cardiovascular diseases' such as hypertension, stroke, heart attack and arrhythmias', according to the Australasian Epidemiological Association.

'The prevalence of obesity and diabetes is increased, there is a greater risk of dementia and more rapid progression of the disease; and the prevalence of some cancers.'



Dr Burton (pictured) said sleep deprivation affects memory, focus and motivation

Why sleep is crucial to your wellbeing

While you are sleeping, your brain goes through a five-stage cycle, to recover and recharge your mind and body.

If you are sleep deprived, the connections formed while we are sleeping are not able to fully develop and strengthen our bodies to be able to effectively fight off illness.

Dr Burton said that this can lead to difficulties in learning memory, perception, maintaining focus and motivation, and coping with stressors.

Dr Burton revealed that during sleep, the brain moves through a five-stage cycle, which is important for the body and mind to recover and recharge.

It begins with a process called non-REM (NREM) that slows brain waves down before one enters into a deep sleep as the body rests and both immune health and energy levels are recharged.

Individuals then move into REM phase of sleep, where the brains became more active, memories are processed and dreams are created.

'If we lack adequate NREM and REM, our physical, mental and emotional health is compromised as our brain, muscles, nerves, neurons and complex internal systems, including our immune system, are slow to respond and unable to function or perform well,' Dr Burton said.

<https://www.dailymail.co.uk/femail/article-8094525/How-boost-immunity-better-sleep-health-crucial.html>

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