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# SLEEP BOOSTS VACCINE EFFECTIVENESS

The modern health model, also known as the health triad, is nutritional balance, regular exercise, and sleep, which is especially based on sleep health, especially the length of sleep and the depth of sleep. Without good sleep health, even maintaining nutrition and exercise is not enough.

The human immune system can function optimally during sleep, and microphage cytokines, interleukins, antibodies, etc. are only increased during deep sleep. Poor sleep quality can lead to overweight, obesity, elevated blood pressure, heart disease, diabetes, high blood pressure, or even sleep apnea over time. At the moment of the Covid-19 pandemic, the most important thing is to improve our immune system, and one of the most important elements to maintain the immune system is melatonin, which can only be produced in dark conditions.

According to the February 2021 clinical journal “Sleep Medicine”, the Google search keyword “insomnia” during the pandemic increased by 58% compared to before the pandemic, which means that many people’s sleep quality was poor during the pandemic. There is a strong relationship between sleep efficiency and the immune system. Only the higher the sleep efficiency, the better the sleep quality will be, and the immunity will be improved. Lack of sleep can lead to an increase in stress hormones, which can lead to increased inflammation or inflammation in the body, which in turn promotes premature hardening of blood vessels, thickening of the blood, a weakened immune system, and a correspondingly poorer response to viruses.

So, the most important thing right now is to sleep better. Please don’t underestimate sleep quality. As far as the new crown vaccine is concerned, people with good sleep quality generally have better antibodies and better vaccine effectiveness. People with poor sleep quality will produce bad antibodies.

