



- Member of the Council of the Italian Association of Sleep Medicine
- Focus on research topics: sleep disorders, dream and psychopathology, sleep disorders and somatic disorders, cognition and insomnia, stress and susceptibility to insomnia. Obtained her PhD degree from the University of Pisa with the research of "Molecular, Functional and Metabolic Nervous System" (2004)
- She was a research assistant in the Department of Psychiatry at the University of California Davis in 1999.
- She obtained a medical degree from the University of Pisa
- She is an honorary critic of a prestigious journal and has written articles related to sleep, sleep medicine, obstructive sleep apnea, and sleep disorders

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THE ESSENTIAL OF SLEEP ACROSS AGE GROUPS

Dr. Laura Palagini is a professional psychiatrist in the Department of Psychiatry at the University of Pisa, Italy, and a coordinator in the sleep disorders clinic. She focuses on research topics such as sleep disorders, dreams and psychopathology, sleep disorders and somatic disorders, cognition and insomnia. She is an honorary critic of the prestigious journal and has authored numerous articles on sleep, sleep medicine, obstructive sleep apnea, and sleep disorders. She was invited to participate in the "World Sleep Day" event and she took the opportunity to share many professional research findings that have been done by her.

Sleep is essential across age groups, and it directly promotes brain development regardless of age. Melatonin is the hormone of the night that helps regulate the progress of our work in life, the body's metabolism and the production of entirely new nerve cells. It avoids the formation of Alzheimer's plaque and uses the sleep time at night to remove brain toxin and helps maintain brain health. Thus, sleep has a significant impact on all physical functioning. In addition to regulating the cardiovascular system, metabolism and emotional management capabilities, it also has an effect on creative thinking and the immune system.

Why sleep is so important for physical and mental health?



At any age we need to sleep well



Once we don't sleep well, we invite a variety of possible risks into our lives, such as reduced attention, physical and mental disorder, psychological disorders, organ disorders and inflammatory diseases, and even cancer, diabetes, obesity, and so on.

Investing well in our bedroom is one of the most important things to ensure we have quality sleep. Mattress, bed sheets and pillows should be carefully selected to help create a good sleep, and maintain physical and mental health. AmLife continues to work on R&D in this area and has held several events to promote the importance of quality sleep. Besides that, they also introduce high-tech sleep therapy from time to time, such as electric potential therapy, thermotherapy and so.

