



FAQs

1. Why rest has become so important for healthy lifestyle?

Ans: Because it rejuvenates the body and mind, regulates the mood, and is linked to learning and memory function.

2. How many hours are required to sleep per night for an adult?

Ans: Atleast 7 to 8 hours sleep per night is required for an adult.

3. Why children needs more sleeping hours than the adult?

Ans: Children needs more sleeping hours because their body and brain are still growing.

4. Name the metabolism which takes place at night when the body is resting?

Ans: The form of metabolism that takes place during the resting at night is called anabolism.

5. What are the common forms of Cognitive Behavioural Therapy?

Ans: The most common forms of Cognitive Behavioural Therapy are: Stimulus Control, Sleep Restriction and Sleep Hygiene.

6. What is the main benefit of breathing exercise?

Ans: It can normalize the heart and respiration rate and calm the individual.

7. Name some of the ill effects of poor sleep.

Ans: Some of the ill effects of poor sleep patterns which is directly linked with the body are overweight and obesity.

8. Name some diseases which can be benefited from exercises.

Ans: Some of the diseases which can combat with exercises are stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls etc.