



## Summary

Most of the activities in our society include sedentary style of work leading to different kind of diseases. Human body naturally needs ample amount of rest, sleep and exercise for the proper and better functioning of the body mechanism. Proper rest, sleep and exercise rejuvenate the whole body and reduce the risk of various diseases. Not getting enough rest can negatively affect the mood, immune system, memory, and stress level. Also, adequate sleep is a central part of a healthy lifestyle. During sleep, the body and the brain actively work to support healthy brain and body function. Regular physical activity can help to prevent or manage a wide range of health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls. Thus, to lead a healthy lifestyle in today's sedentary style of living importance of rest, sleep and exercise must be understood properly.