

## Sleep and Detoxification of the Body

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Healthy sleep at night is the infrastructure for other body activities and regulates the spirit. Scientific research shows that sleep detoxifies the body and removes waste from the brain. Sleep is healing and restorative and one of the best antioxidants called melatonin is produced in healthy sleep and relieves waking stress. During waking, the body experiences a variety of stresses and sleep is restored. It is worth noting that sleep is different from rest and healthy sleep is defined at night when the sun is not present. Today condition, the people's over-use of virtualized social media devices which are changing the time of sleep, and people usually going to sleep late. Even when they fall asleep, they are awakened by the noise of construction and etc. and may sleep in non-biological clocks. This story causes the body to not detoxify well and there is a lot of stress left in the body, causing a variety of disasters and anomalies for the individual and society. In this state of body and brain disruption, learning is reduced and pupils, students, teachers and professors cannot optimally expand knowledge and research and overall national damage to science, production and economics in addition to emerging diseases and unrests. Therefore, it is essential that scientific-cultural authorities should express important policies for healthy sleep at night and that they should be cultured as an important lifestyle for the health of the individual and society. Today, scientific centers, scientific foundations and associations are researching and practicing on the subject of sleep, and it is an important branch of science that needs to be addressed from different angles. Science Cultivation (Journal) attempt to highlight life knowledge and science in its articles and editorials, hoping readers of this journal can benefit from them and apply this awareness to their lifestyle.

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