



Laughter is a wonderful ally for restorative sleep and lasting energy throughout the day. When we laugh, our body and mind relax, thus promoting faster sleep onset and better sleep quality. Laughter acts as a true natural lullaby that soothes our nervous system and immerses us in a state of well-being conducive to rest.

The benefits of laughter on sleep are largely related to its regulatory effect on stress and well-being hormones. When we laugh, our body secretes less cortisol, the stress hormone, and more endorphins, the happiness hormones. This change in hormonal balance promotes a state of relaxation and serenity that facilitates sleep. Studies have shown that people who laugh regularly fall asleep faster, have deeper sleep, and wake up less often during the night than those who laugh little.

Laughter is particularly beneficial for people suffering from insomnia or sleep disorders related to stress and anxiety. By practicing laughter yoga exercises before going to bed, these people manage to let go of the tensions accumulated during the day and regain a state of calm conducive to sleep. Laughter acts as a pressure relief valve that releases emotional and mental blockages, thus allowing the body to switch into "rest" mode.

But the benefits of laughter on sleep are not limited to falling asleep. Laughter also improves the quality and depth of sleep, particularly paradoxical sleep, the phase during which we dream. During paradoxical sleep, our brain "replays" and integrates the emotional experiences we had during the day, thus consolidating our memories and learnings. Positive emotions such as joy and amusement, intensely experienced during bouts of laughter, are particularly well integrated during this sleep phase. Therefore, laughing during the day allows us to have beautiful dreams at night and wake up in the morning with a positive mood and joyful memories.

Laughter also has a positive impact on our energy level and resistance to fatigue during the day. When we laugh, we intensely oxygenate our body and brain, which boosts our vitality and concentration. Laughter stimulates the production of adrenaline and noradrenaline, the hormones of alertness and vigour, which allow us to stay alert and dynamic for several hours. That is why a laughter session in the morning can give us a real shot in the arm to start the day off right, just like a natural coffee!

But laughter is not just a one-time energizer, it also acts on our long-term endurance. Studies have shown that people who laugh regularly have better resistance to physical and mental fatigue than those who laugh little. They are able to maintain intense effort for longer without exhausting themselves, whether at work, in sports or in their daily activities. Laughter seems to act as a natural antidote to burn-out and professional exhaustion, helping us manage stress and maintain emotional balance.

Laughing is also an excellent way to combat sudden drops in energy and temporary energy decreases. When we feel fatigue creeping in, instead of succumbing, we can try to laugh, even without an apparent reason. The mere act of forcing laughter, intentionally and consciously, is enough to jump-start the machine and give us a boost. It's as if laughter acts like a starter that restarts our internal engine and allows us to bounce back with renewed vigour.

Finally, laughter has a beneficial effect on our recovery after intensive effort or a period of stress. When we have put a lot of strain on our body and mind, it is essential to take the time to recover to avoid overtraining and exhaustion. Laughter speeds up the recovery process by promoting muscular relaxation, tension release, and toxin elimination. It acts as a soothing balm that repairs micro-injuries and relieves muscle soreness. After an intense workout or a strenuous workday, nothing beats watching a good comedy or sharing a moment of laughter with friends to relax and recover faster.

Incorporating more laughter into our daily lives is therefore a wonderful way to enhance our sleep and energy. Whether it's practicing laughter yoga exercises, watching comedy shows or simply cultivating joy and lightness in our relationships, every burst of laughter is a gift to our vitality. So, let's not hesitate to laugh out loud, it's the best natural fuel for a lively and dynamic life!

Key takeaways:

- Laughter promotes faster sleep onset and a better quality of sleep by soothing the nervous system and inducing a state of well-being.
- It regulates stress (cortisol) and happiness (endorphins) hormones, making relaxation and sleep easier, particularly for those suffering from insomnia or stress and anxiety related

sleep disorders.

- Laughter improves the quality and depth of paradoxical sleep, a phase during which positive emotions are integrated, allowing for beautiful dreams and waking up with a positive mood.
- It boosts vitality and concentration by oxygenating the body and brain and stimulating the production of alertness hormones (adrenaline and noradrenaline).
- People who laugh regularly have better resistance to physical and mental fatigue, and are less prone to burn-out and professional exhaustion.
- Consciously forcing laughter can help to overcome temporary drops in energy and energy decreases.
- Laughter accelerates recovery after intense effort by promoting muscular relaxation, tension release, and toxin elimination.
- Incorporating more laughter into our daily lives, through exercises, comedy shows or by cultivating joy in our relationships, is an excellent way to enhance our sleep and energy.