

ABSTRACT

Evolving times and improvements in the era of technology have taken a toll on human fitness. About 60% of the populace presently suffers from bad sleep quality, and 7% meet the criteria of an insomnia disease. Poor sleep exceptional is unbridled in every age organization accordingly a non-pharmacological cure is slowly turning into a necessity of the instances. Mind fitness center physical activities are a robust contender in the race. But nevertheless, a variety of work must be accomplished to ultimately finish its efficacy as a treatment. We recommend speculation that brain gym activities can be a successful intervention for improving sleep and treating mild to moderate insomnia.