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**HOW THE SMILE AFFECTS HUMAN PHYSICAL AND MENTAL STATE.
CORRELATION BETWEEN THE NUMBER OF HOURS STUDENTS SLEEP AND
THEIR MOOD**

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Relevance. We live in a fast moving world. The pace of life has increased. People seem to be so busy that they hardly find time to communicate, or just forget to smile at each other. Scientists have proved that the smile and physical health are interdependent, that is why it is important to know and understand the role of the smile in the human life.

Aim: to reveal how the smile depends on physical and emotional health; to understand what role the smile plays in communication.

Materials and methods. We used native and foreign literature as a source of information, Google forms for questioning.

Results and its discussion. For 5 days, 100 students of the Belarusian State Medical University filled out a Google Form. 74% of the participants were women and 26% of them were men. Most students (79%) often smile in everyday life. 36% of the interviewed students sleep not more than 5-6 hours. As expected, most of the students need 7-8 hours of sleep to feel well. The absolute majority of students (79%) answered that the number of hours they sleep affects their mood.

Conclusion. A smile produces a favorable influence upon the people you deal with. You are actually better looking when you smile. When you smile, people treat you differently. People think of you as attractive, reliable, relaxed and sincere. When you see an attractive smiling face, it activates your orbitofrontal cortex, the region in your brain that processes sensory rewards. This means that when you see a person smiling, you actually feel rewarded.