

Sleep



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Sleep Part I Sleep is an expression referring to that regular situation that has behavior change that has the characteristics of ease in reversibility, relative quiescence, as well as significant rise in the thresholds of response. (National Research Council (US), et al, 1987p9) Scientists are yet to unravel exactly why we sleep. As a matter of fact humans can survive for a longer duration without eating than without sleeping. Birds, animals, as well as reptiles alike sleep. According to scientists these mentioned theories discuss why humans sleep. Sleep might be a way through which brain recharging is achieved. Also, brains have an opportunity to shut down as well as ensure repair of neurons and on the other hand exercise essential connections of neurons, which may otherwise become compromised due to activity deficiency. Sleep grants brains that vital chance to make a reorganization of data to aid in finding a solution to a predicament, process newly obtained information as we as re-organize and save memories. Sleep declines human rate metabolism and also the consumption of energy. In both children and also young adults, hormones of growth are released while sleeping. However it is vital to note that circadian rhythms greatly influence the timing, amount and quality of sleep. (sleepdex. org, 2011) Even prior to human knowledge about what biological clock entails, it was human knowledge that some humans are ‘ morning persons’ or ‘ evening persons’. This is, in other words, genetic. Evening persons take a longer time period in their rhythm of circadian hence they do not sleepy as time to sleep approaches. (Pihlajamaa-Glimmerveen. 2005) Average human adults require around an eight-hour sleep. Children still growing requires more hours. Deprivation of sleep has been portrayed to shorten the life span. Lack of sleep leads to; memory predicaments, immune responses, lower levels temperatures, and swings of moods. As young kids

sleep they usually receive hormones of growth. Children who are deprived of sleep become too small amounts of hormones of growth and will not get to grow to achieve their height potential. (healthandfitnessnotes. com, 2008)

Part II Lack of sleep or excessive sleep can be a negative impact of one's productivity. Personally, I have witnessed this first hand. Sometimes I believe it is because I am an early person. There are times I have been forced to burn the mid night oil depending on the task at hand. Sometimes the reason for staying up late at night is a task which has a close deadline and which I have to finish or at times it has been an addictive movie that I have to watch until the wee hours of the night. Most are the times that subsequent to my staying up until the late hours of the night I have to go to attend a lesson early in the morning. After the sleep deprived night, I get myself struggling to listen to the lecturer and even much worse is the scenario where I am patted to wake up by a friend. I usually blame myself for the few hours I slept the previous night. The whole day has me being underproductive. In other circumstances, it often leads to my wanting to take a nap maybe in my car. Oversleeping is another thing that has at times occurred to me. Maybe sometimes it is a justified sleep for more than eight hours. This often has me being underproductive the following day, since most hours in the morning are spent in bed. Work Cited: healthandfitnessnotes. com. Sleep: What Happens If You Don't Get Enough? (2008). Retrieved May 17th 2011 <http://healthandfitnessnotes.com/51/sleep-what-happens-if-you-dont-get-enough.html> National Research Council (U. S.) et. al. Guidelines for noise and vibration levels for the space station. National Academies, 1987. p9. Pihlajamaa-Glimmerveen. Loes. Biological Clocks. (2005). Retrieved May 17th 2011 [http://www.glimmerveen.nl/le/biological\\_clock.html](http://www.glimmerveen.nl/le/biological_clock.html) sleepdex. <https://assignbuster.com/sleep/>

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