

Sleep and its importance



Sleep and its importance Introduction Sleep is important to our body as food and water, though most of us don't consider it to be essential. Sleep is a necessity and not a luxury. The psychological state called fatigue can occur as often as we suffer from insufficient sleep. Phase of sleep The Non-Rapid Eye movement (non-Rem) and Rapid Eye movement. The Non-Rem: this has four stages 1. TRANSITION TO SLEEP lasts about five minutes: eyes move slowly, under the you are easily awakened. 2. LIGHT SLEEP: the 1st stage is true sleep lasting from 10 to 25 minutes, where the eye movement stops, and heart rates slowly, body temperature reduces, 3. DEEP SLEEP: you are difficult to awaken and if you are, you feel groggy and disoriented. 4. MORE INTENSE DEEP SLEEP: the deepest stage. Brain waves are extremely slow; blood flow is directed away from the brain and towards the muscles restoring physical energy. Rem: dream sleep. You enter this stage 70 to 90 minutes asleep. It's a stage where dreaming occurs. Eyes move rapidly, breathing is slow, heart rate and blood pressure increase; arm and leg muscles are paralyzed. IMPORTANCE OF DEEP SLEEP AND REM Each stage offers benefit however stages 3, 4 and REM are important. During sleep, the body repairs itself and builds up energy for the day ahead. It plays major role in maintaining your health, stimulating growth and development, repairing muscles and tissues, boosting your immunity. Deep sleep renews the body. Alcohol and smoking can disrupt deep sleep. REM: renews the mind, plays a key role in learning and memory. During this stage, the brain consolidates and processes the information you have learned during the day. HOW MUCH SLEEP IS ENOUGH? For adults- 18yrs: 7. 5 to 9 hrs; for teens and pre teens- (12-18yrs): 8. 5 to 10hrs. LACK OF SLEEP AND ITS EFFECTS: it can have impact like; reduced decision making skills, concentration, creativity,

alertness, work efficiency, poor memory and judgment, slower than normal reaction time, etc. SLEEP SUGGESTIONS * Avoid taking sleeping pills * Get up at the same time every morning even after a bad night sleep * Avoid worrying, watching TV, reading scary books in bed while sleeping * Do not drink/eat anything caffeinated within 6hrs of bedtime * Spend time outdoors, people exposed to daylight/ bright light therapy sleep better * Avoid alcohol, it can lead to insomnia when it clears from your system * Pray to God for He grants sleep to those He loves. Ps 127: 26 -DR. OBA OLUWATOYIN (adapted from THE TREASURE, NCCF, KADUNUA STATE CHAPTER.)