

Importance of sleep to humans



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Importance of Sleep to Humans Try to imagine the following scenarios. A man just ran his Ford F-150 truck into the subcompact car in front of him, all because he was "nodding off" behind the wheel. Two blocks down the street is a seriously depressed businessman, considering ending it all, by jumping from the roof of his high-rise office building. Downstairs, in the same building, is a woman at work with a terrible headache. She is having a hard time concentrating on tasks she normally would consider incredibly simple. There is a common thread in all of these scenarios; they were all caused by lack of sleep. It is no surprise to most people that sleep is often sacrificed for things deemed more important. The decision to give up sleep might not be as popular if people realized the importance of sleep in their lives.

Understanding the causes and effects, as well as having an understanding of how to avoid sleep deprivation can keep people on the path to a healthier life. Sleep deprivation has many causes, spanning from diet to environment. It can be the culprit of several undesirable conditions like irritability and obesity. Lastly, it is typically avoidable by making a few simple changes to daily routines. There are many things that can cause people to lose their precious "Zzzzs". Most know that a crying baby, the urge to use the bathroom, construction next door, shift work, or a "stuffy nose" can negatively affect sleepy time. There are many things that the average person might not think of when trying to get quality shut-eye. For instance, an overabundance of stress, that "night cap" that was downed before bedtime, or the Coke that was consumed at dinner, could all contribute to sleep deficiency. (Lipschitz) Something else to think about is the use of sleeping medications. An interesting, yet disturbing fact is that some medications that are taken to help people sleep are often the cause of

sleeplessness! (Lipschitz) Yet another common reason people lose out on sleep is technology. The world is connected like never before, and things like television, video games, and the internet wield enormous power over people's sleep patterns! (Ward) Knowing the causes is important, but what about the effects? There is a wide assortment of effects resulting from sleep deprivation, and they can range from insignificant ones to the worst case scenario, death. Experts have determined that a sleep deficit can lead to decreased motor skills, difficulty concentrating, irritability, memory loss, difficulty making decisions, and numerous other issues over time. (Experts Cite the Importance of Sleep) These may seem trivial, but they hardly cover everything. Other, more serious effects include an increased risk of diabetes, obesity, heart problems, hormone imbalances, infections, and high blood pressure. (Kirby) If those are not scary enough, there is thought to be a link between sleep deprivation and cancer. (Kirby) It seems like now would be an appropriate time to shed some light on how to avoid sleep deprivation. According to Marika Sboros, the following are a few things that tend to help people drift off with ease. First off, it is good to establish a sleep routine and stick to it. Second, don't bother trying to force yourself to sleep; it is best to sleep when your body wants to do it naturally. Third, create a calm and quiet environment to prepare to sleep, as well as to sleep in. Finally, pay attention to, and adjust your diet to avoid things that may decrease your chances of getting that coveted rest! (Sboros) One should try to avoid alcohol, because although it may help with falling asleep, it causes sleep to be fragmented. (Kirby) Also, caffeine should be avoided well before bedtime if possible. Having a grasp on why people suffer from sleep deprivation, along with knowing what it can do, and how to avoid it, can go a long way in terms of <https://assignbuster.com/importance-of-sleep-to-humans/>

improving one's life. The causes of sleep deprivation, things like attention to diet, and environment can wreak havoc on personal sleep patterns. The effects are far reaching, and run from the minor things like irritability, to more serious things like being at higher risk for cancer. Thankfully, there are things that can be done to aid in avoiding the problems associated with sleep deprivation, like establishing a routine and avoiding alcohol before bedtime. By knowing and applying this information, it may be possible to prevent the scenario mentioned earlier from becoming a reality! Works Cited " Experts Cite the Importance of Sleep and Tell how to Get A Good Night's Rest." Jet October 9 2000: 32. Web. Kirby, Jeff. " Even One Lost Hour Disturbs Mind and Body --- Sleep Awareness Week - A Special Advertising Report." Sunday Telegraph (Australia), sec. FEATURES: 113. October 4 2009. Web. Lipschitz, David. " Lifelong Health Sleeping Well Blankets Many Healthful Benefits." Arkansas Democrat-Gazette (Little Rock) October 24 2010. Web. Sboros, Marika. " Why 40 Winks may do More Harm than Good." The Weekender (South Africa) May 27 2009. Web. Ward, Bill. " Waking Up to a World of Sleeping Problems." Buffalo News (New York), sec. LIFESTYLES: C1. March 20 2012. Web.