

Essay 3: human sleep



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Essay 3: Human Sleep Modern life is full of busy things we do, but we all can agree that sleep is one of our favorite things to do. Almost every person would love to spend a whole day in bed. But in our time people choose staying up late and wake up early. There are just too many things to do, appointments, deadlines, and the rest of the world does not go off of our own schedule. Therefore, the majority of the population of the United States is sleep deprived. Although the research on human sleep is very complex, experts do seem to agree on a few basic facts and concerns These include, the feeling of being tired and needing sleep is a basic drive of nature, like hunger, several sleep disorders are characterized by very severe and impairing daytime sleepiness, older children never feel sleepy during the day, and " sleep debt" is defined as a loss of sleep and is like debt because you have to pay/sleep if back eventually to get back to normal cycle" (Dement and Vaughan, 334). When it comes to individual sources, William C. Dement and Christopher Vaughan were primarily concerned with peoples ignorance and unknown information on Sleep Debt, Alcohol & Sleep Debt, and lastly Driving under the influence of Sleep Debt. Ultimately, in my view, the most important and most interesting insights to emerge are In the article, " Sleep Debt and the Mortgaged Mind, " William C. Dement and Christopher Vaughan describe how ignorance of sleep deprivation has led to major accidents and mishaps around the world. Dement and Vaughan call sleep deprivation " sleep debt. " they also use the metaphor " mortgaged mind" to help convey the central message that sleep debt is like debt. According to their experiments, accumulated lost sleep is like a mortgage, it must be paid back, and there is always a lender. They also refer to sleep debt as " natures loan shark", just as loan shark could hurt us to get his

money back, sleep deprivation could affect our health if the debt is not paid back on time. (Dement and Vaughan, 331). The two authors begin by describing the Exxon Valdez incident and the Challenger space shuttle accident. Both prime examples of our ignorance of sleep deprivation. Even to this day, many people still believe that the reason the tanker was beached is because of alcohol consumption by the captain, when in fact, the cause of the crude oil spill was from the captain being extremely sleep deprived. Sleep deprivation also played a crucial role in the Challenger explosion. Although technical complications were the main reason behind the explosion, the managers at NASA were at fault because their job requires them to give up sleep. The authors think everyone should act on the issue of being drowsy before more accidents happen. Dement and Vaughan criticize educational organizations for not teaching students about sleep and sleep deprivation issues. They compare sleep to hunger: If you don't fill your appetite until you're satisfied, you will remain hungry. If you don't get an adequate amount of sleep, you will start to rack up sleep debt. If a person tries to ignore sleeping, the brain will eventually push the body to dive into the sleep state. Supposedly, every hour of sleep lost has to be paid back eventually. For example, if you lose five hours of sleep one night, you have to sleep thirteen hours the next night in order to regain those lost hours of sleep. However, if you sleep a couple extra hours over the average eight hours needed every night you will become even more tired. Researchers have used the "Multiple Sleep Latency Test" to measure how long it takes an individual to fall asleep. Most individuals fell asleep after one to five minutes but had interruptions every ten to fifteen minutes. All in all people need to recognize how much sleep they are losing. The authors stress that

everyone needs to know the negative outcomes of sleep debt. They use an example of a friend who was a professor at Stanford University. The friend was in a bike race, and he did not get much rest for two nights. He felt rested the morning he woke up to drive home, but he started falling asleep while driving down the mountain. The car went over a ledge, and he managed to walk away with only some cuts and a paralyzed arm. Dement and Vaughan conducted a study to test if older children get tired during the day. The children were not tired, which meant that if someone is tired during the day then that person has sleep debt. Another research project was conducted to test the links between alcohol and sleep deprivation while on the road. Sleep debt is an important aspect of almost every road accident with alcohol involved, the authors want to inform the readers that everyone could have some sort of sleep debt even if they are unaware. They suggest going to bed early instead of staying up late. The mind and body would feel rejuvenated if done so. Works Cited