

## Sleep and Health Risks: A Short Communication

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Biological process, Health, Sleep, Metabolism, Hormonal, Drowsiness

Sleep is a biological process essential for optimal life and health. Sleep plays an important role in brain function and systemic physiology, including metabolism, appetite regulation, and the functioning of the immune, hormonal, and cardiovascular systems. Normal, healthy sleep is characterized by adequate, good quality, punctual and regular sleep, and the absence of disturbances and disturbances in sleep. Despite the importance of sleep, there are as many as 70 million people in the United States and approximately 45 million people in Europe have a chronic sleep disorder that affects daily functioning and well-being. For example, approximately 20% of serious car crash injuries may be related to driver drowsiness, independent of alcohol dependence. Lifestyle and environmental factors, problems psychosocial issues and medical conditions both contribute to sleep problems. There are approximately 100 sleep disorder classifications; however, they usually manifest in one of three ways: inability to get the required amount or quality of sleep (sleep deprivation), inability to maintain a constant sleep pattern (disturbed sleep, also known as sleep deprivation) is fragmented sleep, difficulty maintaining sleep, and average sleep). and events that occur during sleep (eg, sleep apnea, restless legs syndrome) [1].

The right amount of sleep can vary from person to person, but the Centers for Disease Control and Prevention (CDC) recommends that adults get at least 7 hours of sleep each night. They also estimate that 1 in 3 adults does not get enough sleep. Disrupted sleep can be frustrating at times, while continued lack of quality sleep can affect a person's performance at work or school, ability to function daily, quality their lives and health [2].

The causes of lack of sleep are multifactorial. They fall into two broad, somewhat overlapping categories: lifestyle/work (e.g., shift work, long work hours, late plane rides, irregular sleep schedules) and sleep disorders (eg. e.g. insomnia, sleep apnea, RLS, narcolepsy and circadian rhythms and arrhythmia). Over the past 10 years, research has disproved the notion that sleep loss has no health effects other than daytime sleepiness. The studies discussed in this section suggest that sleep loss (less than 7 hours per night) can have a wide range of effects on the

cardiovascular, endocrine, immune, and neurological systems, including: Obesity in adults and children, Diabetes and impaired glucose tolerance, Cardiovascular disease and hypertension, Anxiety symptoms depressed mood and Alcohol consumption [3].

When a person sleeps less than 7 hours a night, there is a dose relationship between insomnia and obesity: the shorter the sleep, the greater the obesity, usually measured by Body Mass Index (BMI) - weight. in kilograms divided by height in meters squared. Insomnia is associated with diabetes and impaired glucose tolerance, cardiovascular disease. Insomnia has been linked to adverse effects on mood and behavior. Adults with chronic insomnia report excessive mental stress, symptoms of depression, anxiety, and alcohol consumption. Insomnia is also associated with increased age-specific mortality [3].

There are no formal primary care or specialty guidelines for dealing with insomnia. The most effective treatment for insomnia is to sleep longer or nap for no more than 2 hours and gain a better understanding of good sleep habits. Weekend sleep - a popular cure for insomnia - does not return individuals to baseline activity. If extended work hours or shift work cannot be avoided, specific behavioral advice to stay awake (NSF, 2005c), as well as drugs that promote alertness such as caffeine, and modafinil are available, sympathomimetic drugs (direct and indirect action), including pemoline and methylphenidate. In a randomized clinical trial, caffeine and modafinil showed similar benefits for performance and alertness. Modafinil is the only drug approved by the FDA for shift work-related sleep disorders, although it is not approved for insomnia. Behavioral approaches developed for insomnia may also be helpful for insomnia, but no formal studies have been done explicitly on insomnia [3].

### References

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