

Effects of Sleep Deprivation

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Introduction

At present, no one is sure as to why sleep exists but it is acknowledged that sleep plays a very significant role in our lives. While scientists are at a loss explaining the varying sleeping habits of different animals, they do concede that sleep is crucial and a sleeping disorder may be detrimental to the health and productivity of a person (Carey, 2009).

In this paper, I shall illustrate the importance of regular sleep to a person. This shall be through a review of a situation in which I did not get enough sleep and the effects this had on me. The effects of long term sleep reduction shall also be discussed as well as sleeping disorders and their possible remedies.

Sleep Deprivation (Insomnia)

Under normal circumstances people often get their regular doze of sleep each night however, there are times when this is not the case. Factors such as stress, depression, fear and anxiety have been documented as major causes of sleep deprivation.

When people are affected by these stressors, Sleep ceases to have a refreshing effect on them and in some cases; they find it hard to sleep. According to the WHO (2004), these are all classic indicators of a disturbed sleep which are faced as a result of a person's psychological state and sleep cycle changes.

This chronic sleeplessness may lead to constant feelings of fatigue, anxiety, reduced productivity and lack of concentration. Emotionally, people affected by insomnia are mostly detached and moody. Inadequate sleep disorder over a significant length of time may weaken the immune system and research shows that maintained total sleep deprivation is fatal in some animal species (WHO, 2004). The physical health of a person may also suffer as a result of sleep disorders.

Hypertension a medical condition whereby the blood pressure is gradually elevated to levels that can lead to organ damage can also occur as a result of deprived sleep.

Sleep Deprivation Paper

Lauren Gardner



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web sprinkle a few drops of the hot sauce into each hole in a small bowl combine the pimentón salt essence and cayenne sprinkle the seasoning blend evenly over all sides of the roast and rub into the meat place the roast in the crock of a 6 quart slow cooker fat side up and pour the stock around the roast

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