
Sleep And Its Importance

Sleep can be seen as a getaway, a natural opiate, or a time when there is peace within tranquility of mind. Whether one views sleep as a gateway to beautiful dreams or vivid terror; sleep is important in the survival of most species, and humans need it in order for death to not be imminent. Sleep is a state of relaxation that's portrayed by a changed condition of awareness, hindered sensory action, muscle relaxation, and extremely diminished association with outside elements of reality. Sleep goes in cycles with a number of five stages that indicate how in by the biological clock humans contain, referred to as circadian rhythm (Hockenbury, 2011). With this being said, the first stage of the sleep cycle is a stage of drowsiness that leads a person to slip from reality into a light rest. In this stage, a person can be awakened easily due to the brain not fully in a state of deep sleep. Muscle activity steadily slows down and eye movements begin to decrease as well. After falling asleep in the first stage, the second stage of sleep commences, and the body prepares itself for a deeper slumber. Eye movements stop, and the brain begins to supply short periods of fast, pulsating brain wave activity called Sleep Spindles. Also, body heat begins dropping and pulse starts begins to decelerate down. The third stage contains low brain waves referred to as Delta Waves that begin to be seen.

After this, the fourth stage is a more intense continuation of stage 3 with more brain activity taking place. The last stage is the dreaming stage categorized by REM sleep (Rapid Eye Movement sleep). The brain activity during this stage is very closely similar to how brain activity is when people are awake. Though brain activity is at a high, muscle movements are still at a paralysis, with an exception of involuntary muscles that control circulation and respiration. The stages occur in cycles called 3sleep cycles. Sleep cycles go from stage 1, 2, 3, 4, REM, and back to 1 again. The more cycles equate to more sleep; the average and normal amount of sleep cycles are 4 to 6 a night (Gordon, 2013). Sleep works in complex ways and is very important. Sleep is vital for the functioning of humans. Humans would die without any sleep. One effect sleep has on everyday life is the aid of allowing people to memorize material more efficiently (Quan, Shea 2008). The reason for this is that our time in reality is processed through dreams and the result of this is the formation of long-term memories. When people are restless, the center of information, consideration, and cautiousness are not stable. The lack of sufficient sleep results in overworked neurons that cannot work again to organize knowledge properly. As a result, people lose the capacity to remember old information. If people were to try to live without sleep, the ability to learn and memorize information would be tarnished and the simplest of memory tasks would be far too difficult to comprehend (Bellows, 2016).

Everyday tasks such as driving, learning new tasks, and remembering new things would be impossible. To keep mentally progressing, people would need sleep the ability to soak in everything during awakened days. In terms of children, for a similar reason, they are recommended to have more sleep than adults, adding up to the need for 11-14 hours a night (Reed, 2017). During these crucial periods of growth and learning, younger individuals are recommended to acquire a significant dose of slumber for optimum development and application. Children grow mentally and the extra sleep provides a better foundation for a more mature start for growth. In this way, sleep has applied to people's lives as soon as birth takes place. 4Not only is sleep beneficial for the human mind; sleep is beneficial for physical help in the everyday lives of people. Sleep helps people feel full and reduces the likelihood of being fat.

Weight gain or loss are often a bearing of diabetes, but lack of sleep additionally makes it more possible to gain weight. This can be due to scarcity of leptin (a chemical that produces the feeling of being full after eating food) and a rise in ghrelin which is a hunger stimulating hormone (Beccuti, Pannain 2011). It may even be as a result of the shortage of energy. Without the body having enough time to recharge, the tendency to eat more to replace missing energy is often more common. This is why children are more commonly exposed to the likelihood of being obese if they're sleep deprived growing up. This is also why many adults have the tendency to be overweight due to the same lack of sleep. The fact that sleep helps people with their eating habits and weight management is applicable to everyone's everyday life. Less sleep means chemical imbalance in the brain stunts physical growth and physical health. Hence, sleep is extremely important in physical growth. As said in this essay, sleep is important in the lives of people and serves a complex psychological role in the human body.

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