

Sleep: A Nightmare

Ravisharan

Employees States' Insurance Corporation, College of Nursing, Kalaburagi, Karnataka, India

Abstract

Common Causes of Sleeplessness Include: (1) Stress – Concerns about work, school, health, finances, or family can keep your mind active at night, making it difficult to sleep. Stressful life events or trauma – such as the death or illness of a loved one, divorce, or a job loss can lead to stress. (2) Travel or work schedule – Disrupting your body's circadian rhythms can lead to lack of sleep. Causes include jet lag from traveling across multiple time zones, working a late or early shift, or frequently changing shifts. (3) Poor sleep habits – Poor sleep habits include an irregular bedtime schedule, naps, stimulating activities before bed, an uncomfortable sleep environment, and using your bed for work, eating, or watching TV. Computers, TVs, video games, smartphones, or other screens just before bed can interfere with your sleep cycle. (4) Eating too much late in the evening – Having a light snack before bedtime is OK, but eating too much may cause you to feel physically uncomfortable while lying down. Many people also experience heartburn, a backflow of acid, and food from the stomach into the esophagus after eating, which may keep you awake. (5) Mental health disorders – Anxiety disorders, such as post-traumatic stress disorder, may disrupt your sleep. Awakening too early can be a sign of depression. (6) Medications – Many prescription drugs can interfere with sleep, such as certain antidepressants and medications for asthma or blood pressure. Many over-the-counter medications – such as some pain medications, allergy, and cold medications, and weight loss products – contain caffeine and other stimulants that can disrupt sleep. (7) Medical conditions – Examples of conditions linked with insomnia include chronic pain, cancer, diabetes, heart disease, asthma, gastroesophageal reflux disease (GERD), overactive thyroid, Parkinson's disease, and Alzheimer's disease. (8) Sleep-related disorders – Sleep apnea causes you to stop breathing periodically throughout the night, interrupting your sleep. Restless legs syndrome causes unpleasant sensations in your legs and an almost irresistible desire to move them, which may prevent you from falling asleep. (9) Caffeine, nicotine, and alcohol – Coffee, tea, cola, and other caffeinated drinks are stimulants. Drinking them in the late afternoon or evening can keep you from falling asleep at night. Nicotine in tobacco products is another stimulant that can interfere with sleep. Alcohol may help you fall asleep, but it prevents deeper stages of sleep and often causes awakening in the middle of the night.

Complications of Insomnia May Include: (1) Lower performance on the job or at school. (2) Slowed reaction time while driving and a higher risk of accidents. (3) Mental health disorders, such as depression, an anxiety disorder, or substance abuse. (4) Increased risk and severity of long-term diseases or conditions, such as high blood pressure and heart disease. Prevention: Good sleep habits can help prevent insomnia and promote sound sleep: (1) Keep your bedtime and wake time consistent from day to day, including weekends. (2) Stay active – regular activity helps promote a good night's sleep. (3) Check your medications to see if they may contribute to insomnia. (4) Avoid or limit naps. (5) Avoid or limit caffeine and alcohol, and do not use nicotine. (6) Avoid large meals and beverages before bedtime. (7) Make your bedroom comfortable for sleep and only use it for sex or sleep. (8) Create a relaxing bedtime ritual, such as taking a warm bath, reading, or listening to soft music.

Conclusion: Sleep deprivation is helping no one except the market. Brands are capitalizing on our lack of sleep, on our habits. Who are we giving excuses to, our web series can be paused, late night conversation can happen in the morning too. Work, career, and dreams can take some rest because you know what, if we do not sleep, how we will dream!

Keywords: Sleep, sleep deprivation, stress

Date of Submission: 16-02-2022

Date of Revision: 26-02-2022

Date of Acceptance: 02-03-2022

Access this article online

Website: <http://innovationalpublishers.com/Journal/ijnmi>

ISSN No: 2656-4656

DOI: 10.31690/ijnmi.2022.v07i01.003

INTRODUCTION

How many hours of sleep did you get last night 5,3 or maybe you did not sleep at all last night, after all it's a weekend and its only normal to spend weekend night watching something, reading or just staying up chatting with friends, basically doing anything but sleeping.

Address for Correspondence:

Ravisharan, Tutor Employees States' Insurance Corporation, College of Nursing, Kalaburagi, Karnataka, India. E-mail: rvsharan1@gmail.com

This is an open-access journal, and articles are distributed under the terms of the Creative Commons Attribution Noncommercial Share Alike 4.0 License, which allows others to remix, tweak, and build upon the work non-commercially, as long as appropriate credit is given and the new creations are licensed under the identical terms

SLEEPING IS SEEN AS A WASTE OF TIME

Why to sleep, when we can do so much right? Correct me if I'm wrong, but sleep is often seen as time wasted, lost forever. There are proverbs that warn you about left behind while sleeping, practically in every language. There are idioms such as "Caught napping" or "Burning the midnight oil."

So those who want to make something of them in life cut down on sleep; is sleeplessness, a recipe for success?

An average adult sleeps for 6.8 h a night.

LOWEST AVERAGE SLEEP PER NIGHT

- The national average in Japan is 5 h and 59 min
- Saudi Arabia 6 h and 8 min
- Sweden 6 h and 10 min
- India 6 h and 20 min.

Do you know these numbers can kill us!

Science says an average adult needs to sleep at least 7.5 h every night.

What happens when you sleep for 7.5 h every night?

In these 7.5 h:

1. A person completes five 90 min sleep cycles
2. During these cycles, brain moves from deep, non-REM sleep to REM sleep
3. The first couple of cycles are dominated by non-REM sleep
4. It cleanses and maintains our body, brain, and heart
5. The next set of cycles is needed for processing and learning all the information that we have gathered throughout the day.^[2]

IF YOU ARE HAVING TROUBLE RECALLING NAMES, INFORMATION, OR TRIVIA BLAME IT ON YOUR SLEEP OR LACK OF IT

7.5 h every night is recommended amount of sleep (America Centre for Disease Control is little more practical it says 7 h or more), this applies to all adults barring just 3–5% of population, they can do with <6 h of sleep (courtesy, a rare genetic mutation, Lets some people function with less sleep; read this article for more, scientific American^[1]).

As per the recommended amount of sleep for other age group, here is a chart.^[2]

How Much Sleep Do I Need?

How much sleep you need, changes as you age:

Age group		Recommended hours of sleep per day
Newborn	0–3 months	14–17 h (National Sleep Foundation) No recommendation (American Academy of Sleep Medicine)
Infant	4–12 months	12–16 h per 24 h (including naps)
Toddler	1–2 years	11–14 h per 24 h (including naps)
Preschool	3–5 years	10–13 h per 24 h (including naps)
School age	6–12 years	9–12 h per 24 h
Teen	13–18 years	8–10 h per 24 h
Adult	18–60 years	7 or more hours per night
	61–64 years	7–9 h
	65 years and older	7–8 h

Now, that we know how much we should sleep the next question is when should we sleep, can we complete our sleep quota in mornings, afternoons, and evenings too, again here is what science says people are at the sleepest at 2 points in the day between 1 p.m and 3 p.m, and between 2 a.m and 4 a.m. The best time to go to sleep is between 8p.m and midnight, early to bed and early to rise; give a man his dose of Vitamin D. The Vedas say we should wakeup around 3.30 a.m, it's called the Brahma muhurtha (the divine hour), the time of the creator. However, this is impossible the world that we have created for ourselves. Most of ours work shifts are late into the night.

What happens if we sleep after midnight?

This study (National library of medicine) says late bed time and sleep duration is related to depressive symptoms among Japanese workers.^[3]

Some experts say if you sleep by 2 a.m but complete your 7.5 h of sleep, you are safe. Meaning there is no risk of cardiovascular diseases or diabetes as such but there is a catch here, if you sleeping late, you need to ensure that your sleep is undisturbed. That really does not happen, does it? With the morning come door bells, work calls, the noise of traffics, school, college, and milkman everything, as a result our sleep is hampered and we end up sleep deprived.

Next question, what happens if you do not sleep enough?

There is drop in health and productivity.

Let's look at health first; sleep deprivation has linked to health problems such as cardiovascular diseases, hypertension, and diabetes. Studies have found that lack of sleep is also linked to breast cancer in women and prostate cancer in men.

Researchers at Hong Kong University conducted a study; they found a discernable DNA damage in those whose sleep is disrupted even for one night. Experts say that this may help explain the link between cancers and sleep deprivation.

Let's look at mental health problems now; lack of sleep is linked to anxiety and depression. South Korea and Japan rank

the worst when it comes to a goodnight sleep, it all happens that South Korea and Japan also have the highest suicide rates in the world; Japan has the phenomenon called KAROSHI: Death caused by lack of sleep.^[3]

DO YOU KNOW WE ALSO PUT ON WEIGHT IF WE DON'T SLEEP WELL!

Kings College, London, conducted a study in 2016, found that sleep deprived people consume an average of 385 kcal extra per day, that's an excess of four and a half slices of bread every day.^[5]

A study was carried out by researchers at Pennsylvania State University, this is as recent as 2019, researchers studied people in their 20s, half of volunteers got regular sleep, the other half slept <5 h each night. Now, the sleep deprived Lott ended up feeling less full than the others after eating a high fat meal.

(Journal of Lipid research: Four nights of sleep restriction suppress the postprandial lipemic response and decrease satiety^[6]).

Leptin and Ghrelin are two hormones that explain the link between sleep deprivation and obesity. Leptin alerts the brain when you are full. Ghrelin urges you to eat more. Sleep deprived people have low levels of leptin and high levels of Ghrelin.^[6]

SLEEP DEPRIVATION IS ALSO LINKED TO THE LACK OF PRODUCTIVITY

If you do not get enough sleep,

- You are groggy at work
- It is also hard to concentrate (you know the drill, we all been there).

As a result people end up being less productive. The United States loses equivalent of around 1.2 million working days per year because people are not getting enough sleep.

THE COST OF SLEEP DEPRIVATION^[4]

Country	Loss in working days	Money lost
Japan	600,000	138BN\$
UK	200,000	50BN\$
Germany	200,000	60BN\$

This loss affects your country's GDP. These numbers are according to the rand corporation (2019) and this is something that India should be looking at closely, you know why because in India staying back late at work and sleeping less is regarded as professionalism.

CONCLUSION

So here is the moral of the story so far: Sleep deprivation is helping no one except the market. Brands are capitalizing on our lack of sleep, on our habits.

Who are we giving excuses to, our web series can be paused, late night conversation can happen in the morning too. Work, career, and dreams can take some rest because you know what, if we don't sleep, how will we dream!^[7]

REFERENCES

1. Harmon K. Rare Genetic Mutation Lets Some People Function with Less Sleep: Scientific American; August 13, 2009. Available from: <https://www.scientificamerican.com/article/genetic-mutation-sleep-less>. [Last accessed on 2021 Dec 25].
2. Centers for Disease Control and prevention (CDC). Available from: https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html. [Last accessed on 2021 Dec 15].
3. Nobuaki S, Nanri A, Kochi T, Tsuruoka H, Pham NM, Kabe I, *et al.* Bed Time and Sleep Duration in relation to depressive symptoms among Japanese Workers. *J Occup Health* 2013;55:479-86.
4. Rand Corporation 2019 Report. Available form: https://www.rand.org/pubs/research_reports/RR1791.html. [Last accessed on 2021 Dec 20].
5. Alkhatib HK, Harding SV, Darzi J, Pot GK. Effects of partial sleep on energy balance: A systematic review and meta analysis. *Eur J Clin Nutr* 2017;71:614-24.
6. Ness KM, Strayer SM, Nahmod NG, Schade MM, Chang AM, Shearer GC, *et al.* Four nights of sleep restriction suppress the postprandial lipemic response and decrease satiety. *J Lipid Res* 2019;60:1935-45.
7. Available form: <http://www.wionnews.com/gravitas-plus>. [Last accessed on 2021 Dec 07].

How to cite this article: Ravisharan, Sleep: A Nightmare. *Int J Nurs Med Invest.* 2022;7(1):10-12.