Why is sleep important and the results of sleep deprivation.

Essay #2

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                                    Psychology 101

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Sleeping is an extremely important part of a human being daily life cycle. It is the only part of the day when human mind rests and recharges itself. Sleeping grants an individual the ability to gather the energy for it to function properly the next day. Depends on the age of an individual, it usually needs sleep of about 5-9 hours. Sleeping less than required can result in sleeping disorders like sleep talking and sleepwalking, nightmares and night terrors, insomnia and apnea.

According to the National Sleep Foundation (2006) , adolescents need at least 9 hours of sleep a night but 80% of them get less sleep than that (Page 124). As a result, most of us seem to be falling asleep in class. Clearly, not sleeping enough can impact our ability to function throughout the day. The ancient Greeks believed that sleep was a gift of the god Morpheus. If you find yourself sleeping in class or while driving, you know you need more than the amount of sleep you get getting. Having to maintain the lifestyle of having less than required sleep for a long term can result in sleeping disorders. Some of these disorders might sound like its usual like sleep talking and nightmares but even they can turn out to be a disaster as it gets worst.

In this paragraph, I will be explaining what each of the sleeping disorders mean. At any given time, at least 50 million Americans suffer from chronic, long-term sleep disorders; and 20 million other Americans experience occasional sleep problems (Page 126). From the numbers above, you now have an idea of how widespread these sleeping disorders are. Sleep talking and sleepwalking, most common in children than adults, occurs at the stage 4 of sleep. It is preferred to wake a person up who is sleepwalking with calm and patience. Sleeping can be very frightening if an individual is dealing with nightmares and night terrors, also known as sleep terrors. Even though both of these sleep terrors had to do with bad dreaming, they are very different in when they occur during the sleep cycle. Nightmares, occurs during the REM period, everyone has them once in a while. We often remember them in the morning too. Whereas night terrors, only occurs in NREM period, can turn out in screaming in fear and they cannot be remembered the next morning. Unlike sleepwalking, when an individual can be awoken with calm and patience, it is preferred to not wake up someone who is having night terrors.

    In addition, Insomnia and Apnea are another sleeping disorders that we often see individuals suffering from. Insomnia, inability to fall asleep, common between women and older adults. It can result in decreased quality of life, increased like hoods of accidents, decreased job performance and health problems.  Apnea on the other hand, transferred genetically, associated with some serious breathing difficulties at night. In some cases, a victim can actually stop breathing after going to sleep.

“Lack of sleep can really impact an individual's lifestyle”, I can strongly agree with this statement because of the lifestyle I once had. Due to work stress, I was working full time and then the commute had a tremendous impact on me. The sleep cycle became a disaster and everything was messed up. Those dark circles around my eyes and sleep talking started.

It was back in 2012, I graduated from high school early in January and had those six months to myself with nothing to do because I was planning on starting college in September that year. I decided to work to help my mom with the bills and the rent. Because of the recession period, I was only able to find this one job in Brooklyn which was a full-time position. I had no choice but accept the offer.

I was supposed to start work at 8 o’clock in the morning and leave at 9 o'clock six days a week. For it to be possible, I had to leave from home at least two hours earlier because the commute took those two hours. My job at that workplace lasted about two weeks because of the lack of sleep. My sleep cycle was a disaster. I remember how horrible those weeks turned out to be and how it impacted the weeks after.

Those two weeks when I wasn't able to get 9+ hours of sleep according to my age, everything was going wrong with me. I remember I would get weird nightmares at night about how my boss is yelling at me for not doing good enough and my mom getting disturbed at me coming home late. Things that really weren't happening was now making sense to me in my nightmares.

Sleep talking was another factor that was taking place in my life that wasn't there before. I, talking while sleeping, was something new with me. All that work stress was starting to make a change in my regular day life. Before those worst two weeks of my life, I had a habit of not falling asleep while traveling but in those two weeks, I would even fall asleep in the train and would even miss my stop many times.

    My own life experience with how lack of sleep can impact your life made me this paper about the importance of sleep. Long-term sleep disturbance can give you a serious sleeping disorder which can later on be very dangerous for you and the loved ones around you.