



Sleep - Your Secret to Good Health

Part 2

The lack of sleep disrupts every physiologic function in the body. It affects the metabolism and hormones causing symptoms like increased appetite and mood changes. Each one of us must make sure to have good sleep that helps to energise for the next day.

Effects of Sleep Deprivation

- The health risks with sleep deprivation increases when the sleep is not sufficient enough to make you feel alert and fresh the following morning.
- General tiredness or lethargy is commonly experienced when there is disturbed sleep. There are several medical issues like hypertension and obesity that will affect the quality of life.
- Disturbed sleep continued overtime also increases the risk of shortened lifespan.
- A British survey mentions that people who sleep for less than 6hrs had higher mortality rate compared to those who slept more than 7hrs.
- Sleep deprivation triggers the occurrence of various health issues that occur based on the genetics, poor nutrition and lack of physical activity.

Common Associated Health Risks

- Weight gain
- Memory problem
- Increases Heart Disease and Stroke
- Type 2 Diabetes Risk
- Depression

Sleep and Appetite Connection

Sleep deprived individuals have bigger appetite and tend to eat more calories. They typically have higher levels of ghrelin, the hormone that stimulates appetite; and reduced levels of leptin, the hormone that suppresses appetite.

- Affects Emotions and Social Interactions
- Affects the Immune Function and causes Colds and increases Inflammation
- Reduces athletic performance
- Increases the risk of road accidents
- Poor performance at work

Sleep Challenges

Sleep is disturbed in certain conditions that makes the person more irritable due to lack of rest. It is vital to make some lifestyle changes to improve the quality of sleep in conditions that interrupt sleep.

Sleep apnoea: Sleep apnoea is more common in those with thicker neck. The muscles relax in the throat causing a narrowing of the airway and that makes you to wake up. Lifestyle changes like taking efforts to control weight, avoiding caffeine and reducing smoking will help.

Night shift work syndrome: People who work in night shift struggle to get sleep due to a change in the rhythm. So, they must make efforts that will help improve sleep. Darkness and a cooler temperature will promote sleep. If the person is sensitive to noise, caution must be taken to avoid it.

Restless leg syndrome: The overwhelming urge to move the legs during sleep happens due to a neurological imbalance. It is necessary to rule out the causes like iron deficiency and then try to do gentle massage followed by a hot towel compress before sleep.



Did you Know?

- Shut eye or smaller naps less than 20min during day time compensates the loss of night time sleep.
- Longer sleep deprivation can be compensated by increasing one hour of more sleep each day until you feel energetic.

References

1. https://en.wikipedia.org/wiki/Ghrelin#Sleep_duration
2. <https://en.wikipedia.org/wiki/Leptin>
3. <https://www.alzheimers.net/2013-10-29/lack-of-sleep-may-cause-alzheimers/>
4. <http://sleepeducation.org/>

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