

## Sleep Study Findings

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Are you aware that you will spend almost one third of your life sleeping? During the time our body is awake the nerve cells constantly active become more or less fatigued. This is why you may need a nap some times during the day. Sleep gives the body cells a chance to throwing out the waste and the opportunity to repair themselves. To insure a recovery period from such fatigue, we undergo the periodic loss of consciousness known as sleep. Sleep is a very important function, and though we may put off going to sleep, it will eventually take over.

### **Necessity and importance of Sleep**

Sleep is a usual and necessary part of our survival and having a good sleep solution plan is essential to brain function. As each person rests, the body rejuvenates, so that it will be ready to function properly the next day. What happens when you body gets too much or too little sleep. The brain causes stress on the body and you become easily irritated and grumpy. When you sleep you are giving your body a mini-vacation. Sleep also gives your brain a chance to sort things out. Although it is not known what functions take place in the brain while you are sleeping, it is believed that this is the time that the brain sorts and store information, replace chemicals or corrects imbalances, and solves problems in the body.

Sleep is a type of unconsciousness state, and is essential to good health. It refreshes the body and the mind, and helps the body heal from trauma of the day. If you get enough sleep regularly every night you will feel and work better.

### **Sleep effectiveness**

Sleeping and waking are part of your internal clock controlled by your brain. How much sleep should a person get each night? The amount of sleep a person needs depends a lot on his or her age. As an example babies sleep about 14-15 hours, while older people need only 7-8 hours each night. Most kids between the ages of 5 and 12 years old somewhere in between need 10 to 11 hours of sleep. Some kids might need more and some need less. However, can we have less than 8 hours of sleep? Find out more!

It depends on the individual. Some people need a great deal of sleep, while others require only a minimum of sleep. The individual needs to get the amount of sleep necessary to feel alert, healthy, and totally fit. If an individual is dragging during the night then he needs to get more sleep. Some people may require more sleep due to their circadian rhythm and their metabolism. Their body processes may require more time, so they may need more sleep to rest and restore their body.

Skipping one night's sleep can make a person irritable and inept. Once a person misses two nights of sleep, that person will have problems thinking and doing things. The brain can no longer do their normal tasks as well. After five nights without sleep, a person will hallucinate. Eventually, it becomes impossible for the brain to give its directions to the rest of the body without sleep.

The amount of sleep not only affects your mortality but also your personality. Some people are by nature long sleepers, and some are short sleepers. Studies show that people, who tend to sleep longer, tend to be more introverted and creative. People who require less sleep tend to be more extroverted and concrete.

Whether or not you are a long sleeper or a short one, getting too few hours of sleep can make one cranky and less energetic, which the majority of people have probably experienced. Continual lack of sleep can lead to mental issues such as depression, deprive one of thinking clearly, and hinder the quality of work.

Recorded brain waves have helped in the study of the different stages of sleep. The studies have indicated that there are four stages of sleep that occur in cycles each lasting about ninety minutes.

When you first fall asleep, your brain waves will slow down, as you become more relaxed. As you experience the third stage your body and mind become more unaware of the world outside. The fourth stage is the deepest stage in the cycle known as Rapid eye movement, which is the stage in which most people dream. After ten or more minutes of REM sleep, the sleep cycle repeats. This goes on all through the night at least three or four times. During REM sleep, not only do your eyes move around quickly, your heart rate increases, and your automatic body processes speed up. These periods last about twenty minutes a stretch and occur four or five times during the night, alternating between REM sleep and non-REM sleep. During this time your body functions slow down and you get your deepest sleep.

## **Myths of Sleep**

If you sleep longer, you'll be more awake and have more energy in your life. Getting more sleep than your body needs actually will rob you of energy and damage your effective sleeping patterns. If your body sleeps longer than it needs to you put stress on a number of other factors such as your melatonin hormone levels, your exposure to sunlight, and your body temperature rhythm.

Sleeping for longer than normal periods of time or trying to catch up on sleep only weakens your effective sleep system, which in turn can lower your immune system.

You need to Catch Up on Sleep that you have missed. Unless you have not slept for several days, there is no need to catch up on sleep. During the first 3 - 4 hours of sleep is when we experience most of State 3 and Stage 4 sleep. Sleeping longer than you usually do is not beneficial in anyway.

I feel low on energy; I must not be getting enough sleep. Quantity is not the answer here, quality is. People have a tendency to think that sleep is a very basic thing. The truth is that sleep is actually quite a complex system that most of us take for granted. Due to the fact that most people do not understand how our inner sleep system works, we aren't aware of the actions being taking that are damaging our effective sleep systems and patterns that are depriving us of energy.

## **Short note about the author**

*Matt Daren. Visit <http://www.sleepstalks.com> ; We can help you sleep more effectively and feel more energy in your life than before. Discover more in one of the life mystery!*

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