

Are You Suffering From Sleep Deprivation?

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Are You Suffering From Sleep Deprivation?

By George Royal

Living in a world that runs at a breakneck pace, one of the biggest problem that modern people face is sleep deprivation. As there is more work to do, more things to accomplish, more television to watch, more games to play, and more to get into every day, people rarely set aside enough time to just sleep. And that is a serious problem, because sleep deprivation is very detrimental to good health.

The average adult needs eight hours of sleep every night. However, the average adult actually gets only about 6–7 hours of sleep every night. This is a problem because that lack of sleep adds up. Every hour of sleep that a person misses builds sleep debt and leaves a person needing more sleep the next night. Usually, the next night is just another night of 6–7 hours of sleep and even more sleep debt that starts adding up. By the weekend, most people have so much sleep debt built up that even sleeping in will not help their sleep deprivation. And that creates problems.

The most common results of sleep deprivation include fatigue, an inability to concentrate, irritability and difficulty handling stress. In more severe cases, sleep deprivation can lead to blurred vision, slurred speech and general confusion. If these symptoms sound similar to drinking too much alcohol, that is because they are. In fact, people who have gone between seventeen and nineteen hours without sleep are more impaired than people who have a blood alcohol content of .05, a level that is illegal in most countries.

In the most severe cases, sleep deprivation can even cause hallucinations, nausea and, in the most severe cases, even death. Furthermore, there is evidence showing that a lack of sleep changes the body's metabolism, increasing the risk of obesity or diabetes.

The best way to treat sleep deprivation is, of course, by getting enough sleep. There is simply no replacement for a full eight hours every night. And that means a full eight hours every night. And by eight hours, that means eight hours of lying in bed actually asleep.

Unfortunately, the biggest obstacle to getting enough sleep isn't work or stress, it is television. Many people stay up much later than they should because they want to catch just a few more minutes or just one more show, or just see the end of what they are watching. Sleep deprivation can just be a result of

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watching too much television. Which means that the best sleep aid available is actually the off switch. By using that, many people can feel a lot better every morning and stay more alert during the day.

Though it seems that sleep deprivation is a fact of life in the modern world, it doesn't have to be. With a little discipline, people can get themselves into bed where they belong and get the rest they need. By doing that, people can be more alert, healthier, and much more able to face the stresses of the day. And what could be a better cure for sleep deprivation than turning in every night to stop depriving the body of sleep?

Sleep HQ

<http://sleephq.com/>

your guide to sleep deprivation and getting a good night's sleep.

Discover the Secrets of Feeling Refreshed, Revived and Ready to Take On Lifes Challenges...

The Easy Way

By Rayner Arthur

Sleep Deprivation is an insidious problem that is spreading among populations young and old alike.

Though an occasional bout of insomnia is quite normal, chronic sleep deprivation can lead to serious illness and even injury. Sleep deprivation has been attributed to thousands of automobile accidents, on the job accidents and poor decision making.

People who are sleep deprived tend to be irritable and often angry, thus their behavior is often profoundly influenced by the adverse effects of sleep deprivation.

Sleep deprivation can be attributed to a number of causes including: Stress High Paced Lifestyle
Poor Eating Habits Physiological Sleep Disorders Shift Work Illness

Lost production time, accidents and physician costs are rising as more and more people are suffering from sleep problems. Studies suggest that a majority of the population is chronically sleep deprived.

Why sleep?

Sleep is necessary for brain cells to regenerate and for body systems to recover from their daily work. Sleep also rejuvenates the body, mind and spirit; prepping you for the challenges you will face day in and day out.

Not sure if your one of the thousands of people suffering from sleep deprivation? Take our sleep challenge test.

Are You Suffering From Sleep Deprivation?

Sleep Test Do you fall asleep within a minute or two of lying down? Do you have a hard time remembering obvious details? Do you feel anxious or groggy? Do you often find yourself lethargic? Would you describe your health as poor? Are you often moody, angry or tearful?

If you answered yes to any of these questions there is a possibility that you may not be getting a good nights rest.

Secrets of a Sound Nights Sleep

So what do you do if you are one of the millions of chronically sleep deprived beings wandering the earth?

There are several steps you can take to ensure that you get a good nights sleep. You can even get a sound nights sleep on just a few hours of quality rest every night. No matter who you are or what you do, there is hope.

Efficient sleepers have known for years that there are secrets to sleeping well.

Some of the more common strategies employed by sound sleepers include the following: Creation of a bedtime routine. Use of a bedroom sanctuary. Minimal stimulation late in the evening. Avoidance of excessive stimulants several hours prior to bedtime. Minimal alcohol consumption up to two hours before bedtime.

There are hundreds of things you can do to improve the quality of your sleep. Natural supplements including melatonin have been used by shift workers and travelers for years to improve the quality of their sleep when outside of their normal sleep environment.

The key to a good nights sleep is figuring out what works for you and then sticking with it. Remember a good nights sleep is well worth the small effort it takes to create a routine. A life lived recharged and revived is worth living.

Rayner Arthur is a freelance writer and author of Unlimited Energy Now! To learn more about how you can become a better and more efficient sleeper, sleeping less hours every night, visit

<http://www.unlimitedenergynow.com>

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Treating Sleep Deprivation With CPAP

Sleep Deprivation – What Are The Consequences?

Gain 100% Control Over Your Relaxation and Sleeping Time

Sleep Apnea – Dealing With This Common Sleep Disorder

How To Overcome Snoring and Sleep Apnea

Are You Suffering From Sleep Deprivation?

How To Improve Blood Circulation

Understanding Acne: Causes, Cures and Myths

30-Day Low Carb Diet 'Ketosis Plan'

Control your Headache!



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