

SLEEP AND ITS IMPORTANCE TO BODY AND BRAIN FUNCTIONS

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These days, it is so easy to stay up all night watching TV, or even movies, and videos through Netflix and Youtube. The pandemic also brought about a new platform for video sharing and watching, Tiktok. It is like a rabbit hole that can easily take hours and hours before you even realize it. With the evolution of technology comes all ways and form of entertainment to pass time so much so that we often overlook the importance of sleep to our general health.

While it may appear that our bodies are in suspended animation while we sleep, our bodies, particularly our brains, are more engaged throughout those hours. An average adult needs at least six to seven hours of slumber, nightly. Children on the other hand require 8 to 10 hours of sleep to facilitate growth.

Sleep has numerous advantages for the body and its overall health and function. Having adequate sleep is great for the cardiovascular system, lack of proper sleep and rest can lead to long term problem and increase the risk for cholesterol buildup, elevated blood-pressure, other heart related diseases which can cause stroke and cardiac arrest. Such illnesses can be avoided by getting enough sleep and maintaining a healthy lifestyle and diet.

Moreover, sleep also helps to prevent cancer cells from forming. People who work graveyard shifts or evening shifts are much more subjected to fluorescent lighting, which lowers melatonin production. Melatonin is a hormone generated by the body that regulates the sleep-wake cycle. These hormones are also thought to protect normal tissue

from cancer and slow tumor growth. To help the body produce melatonin, it's also a good idea to keep bedrooms darkened and avoid using electronic devices.

A good night's sleep might help you relax. When the body is deprived of sleep, it becomes stressed. Consider a car that is almost out of gas; the signal lights will flash to show what it requires. Stress is a warning light, indicating that something is wrong. Swelling in the body can be reduced by not getting enough sleep. The body heals and generates new cells during sleep to restore injured areas, lowering swelling and other harm effects.

Students benefit greatly from getting enough sleep at night since it helps them stay alert and attentive in class. They're also more open to picking up new skills and knowledge. Our brain processed repeated memory, which is also linked to practice abilities, while we slept. The brain replays the knowledge again and over, ensuring that a high percentage of it is retained. The brain is busy connecting information and experiences, sensory stimuli, and emotion when sleeping. This is known as deep sleep, and it is what we think of as dreaming.

Obesity and diabetes are linked to a lack of sleep. The body will be unable to create the correct hormones that help to balance the body if it does not get enough sleep. This causes you to acquire weight. Because these hormones are produced while the body is sleeping, insulin production is linked to good sleep. Due to hormonal balance, getting enough sleep can minimize the risk of depression. Our bodies mend themselves when we sleep, rejuvenating and revitalizing cells and organs. As a result, it is critical not to take it for granted. Especially for youngsters and teenagers who are growing and developing.

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