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Psychology

PHYSIOLOGY AND PSYCHOLOGY EFFECTS OF SLEEP LOSS

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The recommended hours of sleep vary from age to age, a 1-2 year old should sleep for 11-14 hours a day. 3-5 year-olds should sleep for 10-13 hours a day, 6-13 years of age should sleep for 9-11 hours a day, 14-17 years of age should sleep for 8-10 hours a day, 18-25 years of age should sleep for 7-9 hours a day, and 26-64 years of age should sleep for 7-9 hours a day. Younger people require more sleep because they are growing. Not getting the recommended amount of sleep can cause physiology and psychology effects on the body. Sleep and mental health are closely related. "Sleep deprivation affects your psychological state and mental health."(Anon, 2020)

"More than 70 types of Sleep disorders exist. (Anon, 2020) A lack of sleep can harm the body in many ways. It can lead to depression. This making it so we have little or no desire to do the things we once wanted to do. Not be active as we once were. It can result in patients having anxiety, insomnia, and ADHD. Along with lack of sleep contributing to such disorders it can also play a role in are daily living. It can leave the body feeling sluggish and run down. It makes people unhappy and easily upset. Make us feel like not doing anything at all. When I do not get enough sleep, I become silly. I say and act in ways I wouldn't normally act. Then I crash, I get cranky and do not want to do anything. Not only does lack a sleep affect the whole body it affects the mind and everything around a person. IT can cause you to feel dizziness, decrees your memory, decrease your strength, and reduce the ability to fight off infections.

There are many causes for sleep deprivation. “It is usually the result of other illnesses and life circumstances that can cause its own symptoms and poor health outcomes.” (Neurology, 2020.) It can be caused by high levels of stress. With stress levels high it makes it hard for a person to hit a relaxed state of mind. The brain is processing the thoughts making it hard to slow down. Chronic pain syndrome can play a role in causing lack of sleep. If someone is experiencing high amounts of pain, they may find it hard to get into a comfortable position causing them to toss and turn and not be able to relax. “Sleep disorder. These include insomnia, sleep apnea, narcolepsy, and restless legs syndrome.” (Neurology, 2020) Sleep apnea can result in a patient needing to use a CPAP machine. Patients I have known report that they have a hard time sleeping when using this because it is hard to get into a good position to fall asleep. It is a bit bulky and the mask on the face makes them feel restricted. A new baby can disrupt a sleep routine. They are awake at different times in the night causing the parent or parents to have to wake up and provide for the child. This resulting in a deprivation of their normal sleep routine. Work can play a role in a loss of sleep. People that do a rotating shift or shift work. This can lead to the body getting confused. Being awake when it is used to being sleeping. Shift work makes it hard to get on a set routine and keep the internal clock moving in the right manner. Some medication can play a role in sleep deprivation and can cause insomnia. The condition of the area where someone is trying to sleep can play a roll in loss of sleep. For example, if it is too hot or too cold. Is the spouse snoring loudly? The one main reason I have a hard time sleeping falls under this. The room gets hot which causes me to get hot and start sweating. Then I wake up. Then there’s the battle of cooling off and falling back asleep. Some night this takes hours to happen. Poor sleep hygiene plays a big role in sleep disturbance. Too much caffeine during the day and into the night. Smoking cigarettes, they have nicotine in them and this is a stimulant. Making it

harder for the body to relax. Watching tv before bed can cause the brain to linger on other thoughts and not be able to relax. There are so many factors that can play a role in the loss of sleep. We as a person can control some of them to better our sleep pattern and ensure an adequate amount of sleep every night.

Citations-

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