

What do most people suffer from usually is a simple thing called sleep deprivation. This if not taken care of can cause a lot of problems all throughout your body. It could be an easy fix for some of us but for others we might need medications to help alleviate the problem. In this paper I will go through most of what could go wrong along with the benefits of getting the sleep one should get. With the different age groups, it will require sleep, but a good rule of thumb is anywhere from 7 to 10 hours.

What is sleep deprivation? Well according to sleep association they say that it is lacking sleep which will in turn cause problems with the brain and cognitive functions. The main problem is that when you don't get enough sleep your body doesn't get enough rest so your body can relax enough. Your body if gone on long enough will start messing with the central nervous system causing impulsive behaviors, anxiety, depression, paranoia, and could end up having suicidal thoughts. Either way sleep deprivation is not a good thing if not taken care of, if not allowing your body to rest it will cause all sorts of problems with your body and mind for sure. You can have moodiness, hunger problems, memory issues, trouble with thinking and concentration, accidents, weakened immunity, high blood pressure, risk for diabetes, weight gain, low sex drive, risk of heart disease, and poor balance. These are the effects of what could happen depending on the amount of time that you don't sleep. In the next few paragraphs I will break down

each of these things according to the areas of the body. The longer this goes on the more damage you end up doing to your body. According to the medical news today they say:

- Not getting enough sleep prevents the body from strengthening the immune system and producing more cytokines to fight infection. This can mean a person can take longer to recover from illness as well as having an increased risk of chronic illness.
- Sleep deprivation can also result in an increased risk of [new and advanced respiratory diseases](#) [Trusted Source](#).
- A lack of sleep can affect [body weight](#). Two hormones in the body, leptin and ghrelin, control feelings of hunger and satiety, or fullness. The levels of these hormones are affected by sleep. Sleep deprivation also causes the release of [insulin](#), which leads to increased fat storage and a higher risk of [type 2 diabetes](#).
- Sleep helps the heart vessels to heal and rebuild as well as affecting processes that maintain [blood pressure](#) and sugar levels as well as [inflammation](#) control. Not sleeping enough [increases the risk of cardiovascular disease](#).
- Insufficient sleep can [affect hormone production, including growth hormones and testosterone in men](#). ( medical news today)

This is all very bad over time if you let it go on without any help or rest for sure.

The effects are warning from your body to make sure you pay attention to the fact that you are not getting any sleep. This could all change and not end up getting any of these problems if you take the time to get the proper sleep needed.

The central nervous system is the highway to the body, if your body doesn't get the sleep it needs then it is exhausted and not able to perform the tasks the

nervous system needs to do. This in turn will cause your body to be moody and emotional along with not being able to concentrate on simple tasks. If it goes on long enough it could cause you problems with hallucinations and cause you to have many more problems leading up to suicidal thoughts. The final thing that could end up happening is causing you to have mini sleeps without any control and if this happens when you're driving you could hurt a lot of people along with yourself.

The immune system is the next thing that tends to get effected by sleep deprivation if you wait long enough without getting any help. By lack of sleep your immune system will be compromised and won't be able to regrow or build up new antibodies. This causes your body to end up getting sick quicker, not being able to fight off small little colds or anything along the way that tends to make you sick. If you get a healthy sleep, then your body has the time to rest and grow the antibodies up needed to protect you from the basic common cold. Your body builds a special bacterium called cytokines which is what helps you to fight off the bacteria or virus that are trying to cause you to get sick. If your body goes too long, then it could cause you to get diabetes.

When dealing with the respiratory system you could end up having problems with your breathing causing you to not be able to sleep or snore, this will cause you to have a weaker immune system as well. You could have obstructive sleep apnea which is when you stop breathing and then randomly start up again causing an

irruptive sleep rather than a solid sleep. This could cause problems specially if you stop breathing for a period of time. All this is monitor by how your body sleeps, if you have a great sleep then your body can get the rest it needs for your other body functions to work. Lack of sleep causes a distress on your body and if going to long could cause death. Your respiratory system can take a toll because in certain phases of sleep your body falls into different sleeps if lacking then you could end up having different diseases that could occur, like heart attack, over exertion, lungs don't get the rest they need.

The next part of your body that gets effected from lack of sleep is the digestive system. Your body produces hormones that control certain things throughout your body mainly the two we will talk about is Leptin and Ghrelin. Leptin sends a message from your brain telling your body that you are full and don't need any more food. On the other hand, the hormone Ghrelin will tell your brain that you are hungry so by not having the right amount of sleep your body thinks that it is hungry when in fact you are not. All this is not good because if you eat too much at night and don't sleep then when you wake up in the morning your too tired to exercise causing you to put weight on. Another thing that ends up happening is that your body will produce more insulin then it needs because the rest of the body hasn't had the time to rest. With that happening it could cause you to become a type 2 diabetic.

There are many things that tend to happen to a person that has serve sleep deprivation for instance the cardiovascular system takes a big toll. When running on good sleep this allows your body to keep the blood and heart pumping the way it is suppose too, it also controls your blood pressure and sugar. In this system when you sleep your body takes the time to repair the heart and blood vessels that need to be repaired from the days stress. If by you continuing to not get the right sleep, you are more prone to getting heart attacks and possible strokes.

The next part of your body that sleep influences is the Endocrine System this is where your body produces hormones. The pituitary gland is a continuous hormone that produce in your body but if you sleep on a regular basis it doesn't produce too much but if you don't sleep right than you have too much. Your body also produces testosterone in Healthline "you need at least three hours of uninterrupted sleep, which is about the time of your first REM Episode." (healthline.com) If you don't get sleep it could cause your hormones to over produce which in turn causes more problems. If your hormones are not working right, then it can cause several issues which can send your body out of whack.

If you haven't noticed that by not getting sleep your body basically decides to shut down at different points the longer you don't get sleep. Some people thrive on a little bit of sleep but, you need anywhere from 6 to 12 hours of sleep depending on your age. The health effects are horrible on your body, when you

sleep your body goes into rest mode and helps regrow or heal what it goes through on a daily life. If you allow your body the time it needs to heal then you are less likely to have any type of health issues. When you are sleeping your body reproduces hormones that will regrow tissues and fix soft tissues that have been destroyed. This also helps reduce the stress hormone that is produced.

When you don't get much sleep, it causes problems with your brain, you can't focus or bring things to remembrance. This can be a problem depending on what job you are trying to perform. If you don't get sleep your brain doesn't get the time it needs for you to remember the important details of the job needed to do. Your brain really needs to get the rest because if not then when it tries to process emotions and such things you will have a more negative effect, causing depression or suicidal thoughts in anyone person. Anyone can be affected by these problems without having the proper sleep needed.

The American Academy of Sleep Medicine has done a study that talks about lack of sleep over time will cause OSA (Obstructive Sleep Apnea); they talk about the fact that they could have serious health effects. Some examples would be poor relationships, lack of concentration, could cause risk with driving if falling asleep behind the wheel, poor quality of life, maybe a loss with your job by not

performing well. With everything that I stated here it is true to say that people really need to watch how they sleep. Making sure that if they have a sleep apnea that you see a doctor and get it taken care of, the health of one's self is important special if raising a family. The American Academy of Sleep Medicine says EDS in OSA is also associated with impaired neurocognitive functioning such as attention/vigilance, short- and long-term memory, and executive function. (EDS and OSA)

Some interesting information I had found was from a study that was done from the American Sleep Association, they did a study in 1999, about people being sleep deprived. If lacking sleep when going to work the next day you have a slower memory recall and it causes lots of other little things that can cause problems with trying to just go through the normal functions of the day. Memory loss with words is one of the problems along with inadequate sentence structure. With direct correlation with lack of sleep is associated with your memory recall of everything.

In conclusion to writing this paper I have found that there is an overwhelming problem with most Americans and how they sleep and it is due to the fact that most people have problems with certain stressor that cause them to lose sleep which is a downhill effect to having sleep deprivation. Some of the stressors that can contribute to not sleeping is losing someone you love or maybe a divorce

along with getting a new job. It has been found in some of the readings I have done that the more time you must dwell on things the more time you will have problems with the stressor. If you take time to following some soothing music or maybe get into something else like pod cast or gardening then that could possible help you to move onto something less stressful.