



Advantages of Sleep in Treating Chronic Diseases

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Description

Sleep plays a vital role in maintaining overall health and well-being and its importance became even more evident when considering the impact on chronic diseases. Chronic diseases are those that endure for a very long time and frequently need constant monitoring and care. Analysis has increasingly shown that adequate and quality sleep can have significant benefits in treating chronic diseases.

Chronic inflammation is a common feature of many chronic diseases such as cardiovascular disease, diabetes and autoimmune disorders. It has been discovered that sleep is essential for managing the body's inflammatory response. The progression and severity of chronic diseases may be slowed down by getting sufficient sleeping time, both in terms of quantity and quality. Lower levels of inflammatory markers have been associated for better sleep.

Immune function can be affected by sleep deprivation because they are closely related. Chronic diseases often involve deregulation of the immune system. Adequate sleep strengthens the immune response, promoting better defense against infections and other immune-related conditions. It can also enhance the effectiveness of vaccines and improve overall immune function in individuals with chronic diseases.

Hypertension or high blood pressure is a common chronic condition that significantly increases the risk of cardiovascular events. Quality sleep, particularly during the night, is important for maintaining optimal blood pressure levels. Consistent and adequate sleep can help

regulate blood pressure and reduce the risk of complications associated with hypertension.

Sleep deprivation and poor sleep quality have been associated with impaired glucose metabolism and insulin resistance, contributing to the development and progression of diabetes. Adequate sleep duration and quality support proper insulin sensitivity and glycemic control. For individuals with diabetes or at risk of developing diabetes, optimizing sleep can help in managing blood sugar levels and reduce the risk of complications.

Sleep and mental health are closely intertwined and chronic diseases often have a significant impact on psychological well-being. Sleep disturbances, such as insomnia or sleep apnea, are common in individuals with chronic diseases and can exacerbate mental health symptoms. Sufficient and restorative sleep promotes better mental health, reducing symptoms of depression, anxiety and stress, which are commonly associated with chronic diseases.

Chronic diseases such as obesity and metabolic syndrome are strongly influenced by lifestyle factors, including sleep. Inadequate sleep can disrupt hormonal regulation, leading to increased appetite, cravings for high-calorie foods and decreased satiety. Quality sleep plays a role in regulating appetite hormones and promoting healthy food choices, thereby supporting weight management efforts in individuals with chronic diseases. Chronic diseases can have detrimental effects on cognitive function, leading to cognitive decline or impairment. Sleep is essential for memory consolidation, learning and cognitive performance. Optimal sleep duration and quality contribute to better cognitive function and can help mitigate the cognitive decline associated with chronic diseases.

Conclusion

The benefits of sleep in treating chronic diseases cannot be overstated. Adequate and quality sleep plays a vital role in reducing inflammation, enhancing immune function and managing blood pressure, improving glycemic control, supporting mental health, aiding weight management and enhancing cognitive function. Individuals with chronic diseases should prioritize optimizing their sleep habits as part of their overall treatment and management plan. By recognizing the importance of sleep and making efforts to improve sleep quality and duration, individuals can maximize the benefits of sleep in their journey towards better health and improved outcomes in chronic disease management.

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