



Sleep Deprivation affect on Mental Health

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Introduction

Sleep plays a crucial role in mental and physical health and in development and maintenance of different health related problems. According to survey it is believed thirty three percentages of people suffer from sleep which indirectly effect mental health and well-being and Psychiatric conditions like depression, anxiety, type2 diabetes and depression. Poor sleep makes it more difficult for coping up to minor stress and daily hassles can turn in to major form of frustration. Sleep has an important restorative function in 'recharging' the brain at the end of each day, just like we need to charge a mobile phone battery after prolonged use. Maintaining a regular sleep-wake cycle allows the natural rhythm of the body to be reset every day and therefore optimizes brain functioning. Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to group together our memories and process information.

Description

Health

We know about the fact that poor health affect sleep and other way around too, mental health problems like depression ,stress and fear often go hand in hand with sleep problems , its essential to known health concerns looked or talked to about for any sign of sickness and dealing with worries which may keep awake.

Attitude& Lifestyle

It's the easiest going to sleep when we relax and no concerns are bothered ,these day it can be harder than ever, but relaxation ways of doing things ,warm bath and drinking warm milk ,not tempting to turn on tv or phone screen. What we eat and drink affects sleep, stimulants like drugs that give us energy make harder to sleep or heavy sugar dose and meal close to bed time make sleep uncomfortable. Taking regular exercise at day time but not at evenings releases energy giving body chemical so exercise during evening may be less helpful

Physical symptoms like

- Tiredness
- Physical symptoms of anxiety and depression
- Elevation of blood pressure and diabetic symptoms.

Steps to improve sleeping habits for better mental health

- Maintain regular sleep wake cycle
- Try and ensure that while sleeping you are having comfortable sleep and bed
- Avoiding excess drinking
- Regular exercise

Conclusion

Mental health plays a major role in human , lacks of sleep and other sleep derivative habits lead to depressions and mental issues with which consulting psychiatric is important if they have issue , other treatments maybe like improvising sleep health ,proper lifestyle , diet, and other related activities.

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