



The Effects of Technology on Sleep Deprivation

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Description

Sleep deprivation is a condition that occurs when an individual does not get enough sleep. This can be due to a variety of factors, including insomnia, a sleep disorder, work or family obligations, or simply choosing to stay up late. The effects of sleep deprivation can be significant and range from mild to severe.

To prevent sleep deprivation, it is important to prioritize sleep and establish healthy sleep habits. This includes maintaining a regular sleep schedule, avoiding stimulants such as caffeine and nicotine before bedtime, creating a relaxing sleep environment, and avoiding the use of electronic devices before bed.

The impact of technology on sleep deprivation is particularly concerning for children and teenagers, who are among the heaviest users of electronic devices. Research has shown that excessive screen time can disrupt the development of sleep patterns and lead to a host of other problems, including obesity, depression, and anxiety.

The effects of technology on sleep deprivation are a complex and multifaceted issue. Some of the key aspects include:

Blue light

Exposure to the blue light emitted by electronic devices such as smartphones, laptops, and tablets can disrupt the body's natural circadian rhythm and suppress the production of the sleep-inducing hormone melatonin.

Reduced sleep quality

The use of technology in the bedroom, such as watching TV or using a smartphone or tablet can interfere with sleep quality and lead to reduced sleep duration and fragmentation.

Increased cognitive stimulation

The use of technology can provide constant cognitive stimulation, making it harder for the brain to wind down and relax at bedtime.

Social media and FOMO

The use of social media and the Fear of Missing out (FOMO) can lead to increased anxiety and stress levels, making it harder to fall and stay asleep.

Work-related stress

The use of technology for work-related activities, such as checking emails or responding to messages, can lead to increased work-related stress and negatively impact sleep quality. Mild sleep deprivation can lead to symptoms such as daytime fatigue, irritability, and difficulty concentrating. Moderate sleep deprivation can lead to more severe symptoms such as mood swings, forgetfulness, and impaired judgment. Severe sleep deprivation can lead to hallucinations, psychosis, and even death in extreme cases.

To mitigate the effects of technology on sleep deprivation, experts recommend establishing a "digital curfew" at least an hour before bed. This means turning off electronic devices and engaging in relaxing activities such as reading or taking a warm bath. In addition, investing in blue light-blocking glasses or using "night mode" on electronic devices can help to reduce the impact of blue light on melatonin production.

The effects of technology on sleep deprivation are well-documented. Studies have shown that people who use electronic devices before bed tend to have more difficulty falling and staying asleep. This can lead to a range of negative consequences, including decreased productivity, impaired cognitive function, and increased risk of accidents and injuries.

Conclusion

The effects of technology on sleep deprivation are significant and widespread. As we continue to integrate technology into our daily lives, it is important to take steps to prioritize sleep and mitigate the negative impact of electronic devices on our sleep patterns and overall health.