

Sleep Deprivation and Importance of Sleep

When not getting enough sleep one's body loses out on the key things that sleep provides. Sleep is important in keeping both the mind and body healthy. While sleeping the brain allows time to "shape all memories and make the connections between events, feelings, and experiences" (Why is Sleep so Important). Sleep is necessary in order to form new learning and memory pathways in the brain. It can help boost overall memory and help the mind regain focus. The brain does most of its housekeeping while we sleep. One of those being waste disposal. This is a key factor that helps the brain run smoothly throughout the day. Waste products that are cleared away while we sleep mainly consist of misfolded proteins which are part of the aging process and often found in patients with Alzheimer's (Dana). It is important that the brain gets rid of these proteins otherwise they remain in place creating a toxic amount over a period of time resulting in sleep deprivation.

Sleep deprivation is something many people face sometime throughout their lives. It causes people to become moody and irritable and decreases brain function. Sleep deprivation over a long period of time can "reduce the ability to perform cognitive tasks, such as executive decision making, categorizing, spatial memory, fluid verbal expression, creativity, planning tasks, detecting changes in the environment, etc." (Bobic). These are all important tasks that individuals use every day. Getting the right amount of sleep is imperative to proper brain function. Without it, many will face diminished ability to perform simple tasks and will constantly find themselves responding to stimuli slowly. Most studies regarding sleep deprivation have only focused on the acute effects of sleep deprivation; however, it is thought that the chronic effects of sleep deprivation could lead to neurodegenerative diseases such as Alzheimer's disease and dementia.

As stated previously proteins could build up and accumulate in the brain possibly leading to these diseases (Bobic). Amyloid-beta levels are found in parts of the brain when patients suffer Alzheimer's. In a recent study published in the Proceedings of the National Academy of Sciences, "they reported total amyloid beta levels increased by approximately 5 percent after one night of sleep deprivation, in the right hippocampus and thalamus" (Dana). This study shows the effect sleep deprivation could have on individuals that may have these amyloid-beta plaques in part of their brain. Most people simply use caffeine, nicotine, or physical activity to help overcome their sleepiness and while that could help cure an acute effect it will not cure a chronic effect of sleep deprivation.

Sleep is just as important to the human body as food and water. Adequate sleep is necessary to prepare one's self for the next day and help replenish the brain with nutrients. Studies show that when not getting enough sleep there is an increased ri

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