

## Dreaming problems

A large epidemic affecting approximately one in two Americans, according to a Gallup survey, is sleeping difficulty. This difficulty can come in one of many different forms. Problems falling asleep, grogginess after sufficient amounts of sleep, or waking suddenly and not being able to fall back asleep are the most common of the problems that occur in Americans. I shall explain in my report, the importance of sleep, differences in types of sleep, the approximate<sup>3</sup> recommended daily amount<sup>2</sup> of sleep, variables that may affect sleep, and some simple tips to aide you in attaining effective slumber.

Why, exactly is sleep necessary? Sleep is more than a period of rest for the brain, in fact, it is just the opposite. As you sleep, your body repairs itself, and your psyche repairs itself, also. According to the Gallup poll, people who don't have problems sleeping, are able to cope with problems easier, concentrate better, and finish tasks more adequately. Lack of sleep can cause memory, learning, reasoning and calculation functions to decrease in efficiency. Lack of sleep can lead to illness and psychiatric problems also. An approximate 200,000 auto accidents are probably caused by sleep hindrance, and also, an estimate was made that sleep deprivation and work cost the economy one hundred fifty thousand dollars.

Amount of sleep necessary depends upon the individual. Some are ready to go with six hours of sleep, while others can't function without nine. If a person feels unable to stay focused during monotonous or boring work, it is possible they may need more sleep. Also, need for sleep doesn't decline with age, it just may be more difficult to retain the ability to sleep, as one may lose vision or hearing.

Sleep is not just a time of relaxation and rest for the body. In fact, the body is doing as much (almost) when asleep (sometimes) as when awake. There are, in fact, five stages of sleep. They include four stages of relaxation and one of dreaming. The dreaming stage, REM, is one where the body is paralyzed, and the brain is afire with activity. Your mind creates scenarios for you, and has usually four or five per night.

Some factors that may affect your sleep are as follows. There are a great many possible variables in sleep deprivation, and are usually the cause of insomnia. Stress in the workplace, home, social situation, or anywhere else is the number one cause of sleeping distress. Alcohol or caffeine in the afternoon or evening can severely alter sleep habits. Physical or mentally intense activities can cause sleep deprivation or difficulty also. Workers on shifts are shown to be two to five times more likely to fall asleep on the job than regular hours workers. External factors like sounds, smells, or uncomfortable variables in a sleep environment can hinder sleep. Arthritis or other biological conditions or problems fall in the last category. Certain medicines and steroids can cause sleeping problems as side effects from their designated purpose.

Anyone exposed to any of the above factors can be at risk to sleep deprivation. Basically, anyone can fall victim to sleep In any case of sleep deprivation,

If a problem persists, it is best to consult a physician. Try to use some of the following easy techniques for possible eradication of sleep deprivation. If you cannot remove it with the simple suggestions below, or cannot do it quickly, it is best to consult a physician.

€Avoid caffeine, nicotine and alcohol in the late afternoon and evening.

€Exercise regularly, but do so at least three hours before bedtime.

€If you have trouble sleeping when you go to bed, don't nap during the day

€Establish a regular, relaxing bedtime routine that will allow you to unwind and send a "signal" to your brain that it's time to sleep.

€Don't use your bed for anything other than sleep or sex.

€If you can't go to sleep after 30 minutes, don't stay in bed tossing and turning. Get up and involve yourself in a relaxing activity, such as listening to soothing music or reading, until you feel sleepy.

all information recieved from the internet at:  
<http://www.outsidein.co.uk/>