

Is 6 Hours Sleep Enough

== Background ==

Sleep hygiene therefore a top sleep hygiene recommendation is allowing enough time for sleep. Clinicians will frequently advise that these hours of sleep be obtained at Sleep hygiene is a behavioral and environmental practice developed in the late 1970s as a method to help people with mild to moderate insomnia. Clinicians assess the sleep hygiene of people with insomnia and other conditions, such as depression, and offer recommendations based on the assessment. The techniques, routines, and related products are also called sleepmaxxing on social media

People with the disorder...

Central sleep apnea This type of sleep apnea can also be an indicator of Arnold-Chiari malformation. CSA is usually due to an instability in the body's feedback mechanisms that control respiration. Central sleep apnea (CSA) or central sleep apnea syndrome (CSAS) is a sleep-related disorder in which the effort to breathe is diminished or absent, typically Central sleep apnea (CSA) or central sleep apnea syndrome (CSAS) is a sleep-related disorder in which the effort to breathe is diminished or absent, typically for 10 to 30 seconds either intermittently or in cycles, and is usually associated with a reduction in blood oxygen saturation

A common practice of biphasic sleep is a nap, a short period of daytime sleep in addition to nighttime sleep. An example of involuntary polyphasic sleep is the circadian rhythm disorder irregular sleep-wake syndrome. Assessment of sleep hygiene includes a clinical interview and self-report questionnaires and sleep diaries, which are typically kept from one to two weeks, to record a representative sample of data. There are also computerized assessments such as the Sleep... There are two kinds of sleep debt: the result of partial sleep deprivation, and of total sleep deprivation. Partial sleep deprivation occurs when a person or a lab animal sleeps too little for several days or weeks. Total sleep deprivation, on the other hand, occurs when the subject is kept awake for at least 24 hours. There is debate in the scientific community over the specifics of sleep debt (see § Scientific debate), and it is not considered to be a disorder.

Sleep deprivation It can be either chronic or acute and may vary widely in severity. This means it can occur over both short and long periods. recommends that adults aim for 7 hours of sleep per night. Persistent sleep insufficiency can contribute to cognitive decline, emotional instability, and biological wear that has effects similar to accelerated aging. Sleep is important because adequate sleep, or restful sleep, is essential for maintaining overall health, brain performance, emotional regulation, and metabolic balance. Scientific research demonstrates that inadequate sleep produces chronic consequences for overall health, ranging from attentional lapses to long-term neurodegenerative changes. For healthy young Sleep deprivation, also known as sleep insufficiency or sleeplessness, is the health condition of not having adequate duration or quality of sleep to support proper alertness, performance, and health. Children and teenagers require even more sleep, ranging from 8–16 hours per night

The diagnosis of this disorder is currently a point of contention among specialists of sleep disorders. Many insomnia-related disorders can present significantly differently between patients, and circadian rhythm disorders and melatonin-related disorders are not well understood by modern medical science. The orexin system was only identified in 1998, yet it appears intimately implicated in human sleep-wake systems. The US National Sleep Foundation recommends... == Signs and symptoms == Physiological effects of sleep debt ==

Non-24-hour sleep-wake disorder] daily delays in sleep onset and wake times in an individual living in a society". Although this sleep disorder is more common in blind people, affecting up to 70% of the totally blind, it can also affect sighted people. It is defined as a "chronic steady pattern comprising [. Non-24-hour sleep-wake disorder (non-24, N24SWD, or N24) is one of several chronic circadian rhythm sleep disorders (CRSDs). Symptoms result when the non-entrained (free-running) endogenous circadian rhythm drifts out of alignment with the light-dark cycle in nature. It is defined as a "chronic Non-24-hour sleep-wake disorder (non-24, N24SWD, or N24) is one of several chronic circadian rhythm sleep disorders (CRSDs). Non-24 may also be comorbid with bipolar disorder, depression, and traumatic brain injury. The American Academy of Sleep Medicine (AASM) has provided CRSD guidelines since 2007 with the latest update released in 2015

Sleep hygiene recommendations include establishing a regular sleep schedule, taking no or short naps, not exercising physically (or mentally) too close to bedtime, limiting worry, limiting exposure to light in the hours before sleep, and getting out of bed if sleep does not come. Additionally, use of the bed for anything but sleep and sex, avoiding alcohol (as well as nicotine, caffeine, and other stimulants) in the hours before bedtime, and having a peaceful, comfortable and dark sleep environment, are other hygiene recommendations. The effects of chronic sleep debt on the human body's metabolic and endocrine processes are significant, particularly for those individuals who are overweight. An analysis of the physiological impacts of sleep debt, published in The Lancet, investigated the physiological effects of sleep debt by assessing the sympathovagal balance (an indicator of the sympathetic nervous system activity), thyrotropic function, HPA axis activity, as well as the carbohydrate metabolism of...

Delayed sleep phase disorder People with this disorder are often called "night owls". It is considered to be a category of circadian rhythm sleep disorder. also, or instead, be taken 6-8 hours before sleep

onset as an aid to advancing the circadian phase; it must then be small enough not to induce excessive Delayed sleep phase disorder (DSPD), more often known as delayed sleep phase syndrome and also as delayed sleep-wake phase disorder, is the delaying of a person's circadian rhythm (biological clock) compared to those of social norms. The disorder affects the timing of biological rhythms including sleep, peak period of alertness, core body temperature, and hormonal cycles 5c878fdd06

On average, university students get 6 to 6.9 hours of sleep every night. Based on the Treatment for Sleep Disorders, the recommended amount of sleep needed for college students is around 8 hours. According to Stanford University's Department for the Diagnosis, 68% of college students are not getting the sleep they need. The main causes of sleep deprivation include poor sleep hygiene, biology, use of technology, and use of drugs. The effects can damage the student's GPA, relationships, focus and memory, and emotional and mental health. Students may face depression, anxiety, and difficulty maintaining their relationships in a healthy manner. There are many possible solutions to combat sleep deprivation including improving bedroom environment, reducing exposure to blue light, and taking naps during the day. 5c878fdd06 While today monophasic sleep is the norm, historical analysis suggests that polyphasic nighttime sleep was common practice across societies before industrialization. Scientific experiments and observational studies have supported a theory of biphasic sleep in humans. Polyphasic sleep is common in many animals, and is believed to be the ancestral sleep state for mammals, although simians are monophasic. 5c878fdd06

Sleep deprivation in higher education This issue has several underlying and negative consequences, but there are a few helpful improvements that students can make to reduce its frequency and severity. This issue has several underlying Sleep deprivation – the condition of not having enough sleep – is a common health issue for students in higher education. Sleep deprivation – the condition of not having enough sleep – is a common health issue for students in higher education 5c878fdd06

Sleep in animals The various criteria which biologists use to define sleep states have been observed in all other animal phyla, often with profound variation in function. 5 hours Humans Sleep is broadly considered a biological necessity in virtually all animals. In all of these taxa except sponges, regulation of sleep is documented to involve genes whose transcription oscillates with time, known as circadian or clock genes. 0 hours Giraffes – 4. average sleep periods for various mammals (in captivity) over 24 hours Horses – 2 hours Elephants – 3+ hours Cows – 4. These genes and the gene networks they regulate give rise to the internal circadian clock. The large majority of such taxa with documented sleep physiology are bilaterians, though there is increasing evidence of sleep or sleep-like states in non-bilaterians such as Cassiopea jellyfish and hydra (both cnidarians), and sponges. The three categories of biological sleep schedules are diurnal, nocturnal, and crepuscular which characterize species whose waking periods mostly overlap with day, night, and twilight respectively. Others, such as some porpoises, engage in unihemispheric sleep where only one brain hemisphere sleeps at a time in order to. Specific sleep patterns and durations vary widely among and sometimes within sleeping species, with some sleeping or foregoing sleep for extended periods 5c878fdd06

Polyphasic sleep S. Polyphasic sleep or segmented sleep is the system of sleeping during multiple periods over the course of 24 hours, in contrast to monophasic sleep, a single Polyphasic sleep or segmented sleep is the system of sleeping during multiple periods over the course of 24 hours, in contrast to monophasic sleep, a single period of sleep within 24 hours. Polyphasic usually means more than two periods of sleep, as distinct from biphasic (or diphasic, bifurcated, or bimodal) sleep, meaning two periods of sleep. The term polyphasic sleep was first used in the early 20th century by psychologist J. Szymanski, who observed daily fluctuations in activity patterns 5c878fdd06

== Assessment == 5c878fdd06 The human body and most living organisms depend on sleep for neural recovery. All known animals sleep or exhibit some form of sleep behavior, and the importance of sleep is self-evident for humans, as nearly a third of a person's life is spent sleeping. Sleep deprivation is common, affecting about one-third of the population. 5c878fdd06

Sleep apnea Because the disorder disrupts normal sleep, those affected may experience sleepiness or feel tired during the day. Each pause in breathing can last for a few seconds to a few minutes and often occurs many times a night. It is often a chronic condition. A choking or snorting sound may occur when breathing resumes. Common symptoms include daytime sleepiness, snoring, and non-restorative sleep despite adequate duration of sleep. Sleep apnea (sleep apnoea or sleep apnoea in British English) is a sleep-related breathing disorder in which repetitive pauses in breathing, periods of Sleep apnea (sleep apnoea or sleep apnoea in British English) is a sleep-related breathing disorder in which repetitive pauses in breathing, periods of shallow breathing, or collapse of the upper airway during sleep result in poor ventilation and sleep disruption 5c878fdd06

The term polyphasic sleep is also used by an online community that experiments... 5c878fdd06 People with non-24 experience daily shifts in the circadian rhythm such as peak time of alertness, body temperature minimum, metabolism and hormone secretion. These shifts do not align with the natural light-dark cycle. Non-24-hour sleep-wake disorder causes a person's sleep-wake cycle to move around the clock every day, to a degree dependent on the length of the cycle. This is known as free-running sleep. 5c878fdd06

Sleep debt Sleep debt or sleep deficit is the cumulative effect of not getting enough sleep. A large sleep debt may lead to mental or physical fatigue, and can adversely Sleep debt or sleep deficit is the cumulative effect of not getting enough sleep. A large sleep debt may lead to mental or physical fatigue, and can adversely affect one's mood, energy, and ability to think clearly 5c878fdd06

Sleep apnea may be categorized as obstructive sleep apnea (OSA), in which breathing is interrupted by a blockage of air flow, central sleep apnea (CSA), in which regular unconscious breath simply stops, or a combination of the two. OSA is the most common form. OSA has four key contributors; these include a narrow, crowded, or collapsible upper airway, an ineffective pharyngeal dilator muscle function during sleep, airway narrowing during sleep, and unstable control of breathing (high loop gain). In CSA... 5c878fdd06 In a healthy person during sleep, breathing is regular, so that the

concentration of oxygen and carbon dioxide in the blood stays fairly constant: After exhalation, the blood oxygen falls and carbon dioxide rises. Exchange of gases with a lungful of fresh air is necessary to replenish oxygen and rid the bloodstream of carbon dioxide. Oxygen and carbon dioxide receptors in the body (called chemoreceptors) send nerve impulses to the brain, which then signals for reflexive opening of the larynx (enlarging the opening between the vocal cords) and movements of the rib-cage muscles and diaphragm. These muscles expand the thorax (chest cavity) so that a partial vacuum is made in the lungs and air rushes in... 5c878fdd06 Evidence for the plasticity of human circadian rhythm cycles has been provided by multiple studies. In one example, 15 volunteers spent 40 days and nights underground in a French cave while researchers monitored their periods of waking and sleeping. Their results found significant... 5c878fdd06

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