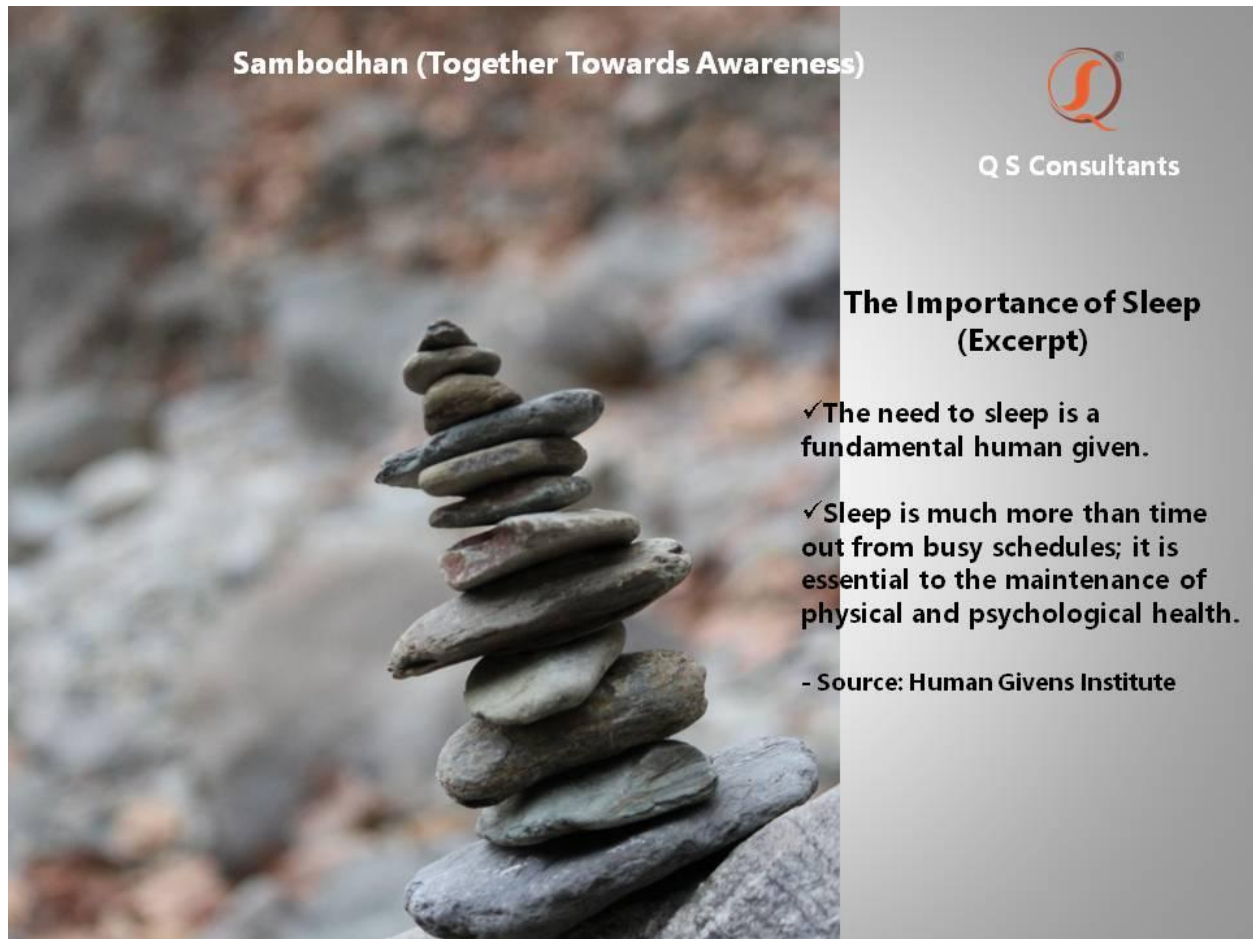




The Importance of Sleep (Excerpt)

By – Human Givens



The need to sleep is a fundamental human given.

We all take sleep for granted until we have problems with it and then we quickly remember how desirable a good night's sleep is.

It is important for teachers, psychotherapists, employers and others to know something about it if they are to be effective.

This is because all human abilities (like paying attention, memory recall and learning) are made worse by poor sleep and there is an intimate relationship between sleep and many psychological conditions — for example, depression, anxiety and psychosis.



Why sleep?

It can seem surprising that human beings, who can be so full of life, energy, plans and activities, can, at a certain point each day, disengage from life, lie down and apparently become oblivious to the outside world for up to eight hours. When we sleep we are vulnerable to attack since we are no longer aware of what is going on and are in no position to defend ourselves. Yet all mammals, birds and even cold-blooded reptiles sleep so there must be *good reasons* for it.

Types of Sleep

Sleep scientists are increasingly discovering more about this mysterious state. There are two very distinct kinds of sleep: REM (rapid eye movement sleep '**when we dream**') and non-REM sleep, also called **slow wave sleep (SWS)**.

The waking life of animal organisms is a dynamic, *destructive* time because the organisms complex proteins are torn down and exhausted as they are used for activities including locating and ingesting preformed organic molecules to meet the immediate energy needs of the wakened state and to provide the building block proteins which fuel the repair and growth dynamics that occur during sleep.

Slow wave sleep is the dynamic, *constructive* time of physical healing and growth for animal organisms, a recuperative stage where the mind/body system rebuilds itself after a hard day surviving in the world. Substances ingested during the awake period are synthesized into the complex proteins of living tissue; growth hormones are secreted to assist with the healing of muscles and repairing general wear and tear in tissues; glial cells (neurones in the brain) are refreshed with sugars to restore the brain with energy; the immune system is boosted.

By contrast, in REM sleep large amounts of the brain's energy reserves are expending on dreaming. Dreaming is clearly performing a very important function. In the neonate and the foetus REM sleep is the dominant form of sleep and is in some way connected to the programming of instincts into us.

Sleep problems

Sleep problems affect every age group. With the rapid change in modern living they are taking an increasing toll on our mental and physical health. For many people the body's need to have an appropriate amount of quality sleep is frequently compromised to meet their perceived need to have more 'awake' time. If they knew the likely price, they would give an adequate night's sleep a much higher priority.

Sleep is much more than time out from busy schedules; it is essential to the maintenance of physical and psychological health.



Sleep and accidents

Temporary sleep loss can impair our ability to concentrate, cope with minor irritations and accomplish tasks, all of which can put a strain on our relationships. When we lose sleep we — and those around us — are at high risk from accidents at work and on the road.

Sleep and healing

We sleep more when we are sick with an infection or develop a fever. When our temperature rises, our organs work more quickly, antibodies are synthesised more rapidly and antibiotics are taken up more quickly. It seems that the high temperature may kill off certain microbes.

Perhaps it is not so surprising, then, that research shows that many accidents, mistakes and bad decisions so often caused by people who have too little sleep.

A detailed article can be read here <https://www.hgi.org.uk/resources/delve-our-extensive-library/dreaming/importance-sleep-why-we-need-it>

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We realize that unless the most important element; **“The Human Being”** is not in harmony with itself and its environment the above mentioned success cannot be sustained.

Therefore our focus is & will be on developing Individual Human potential and an integrated approach in building successful organizations.

To make this happen *Q S Consultants is providing’ Emotional Health Counselling’*, here counselling is solution-focused which helps people feel better and move on in their lives as quickly as possible – at its heart is the understanding that, when a human being’s essential emotional needs are met and their innate mental resources are being used correctly, they will be emotionally and mentally healthy.