

To Study the Mystery of Sleep, Sleep Disorder or Insomnia and its Effect on Physical and Mental Health

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Abstract:- The world population is going through under the tremendous pressure of COVID 19 pandemic. In second and third wave of widespread of corona virus most of the countries announced second or third lockdown. These lockdown creates detrimental effect on physical and mental health of common people. This paper is related with sleep, sleep disorder or insomnia and its effect on physical and mental health of common people. There has always been a curiosity to know and understand all about the sleep. In this research, we have tried to find out the mystery of sleep and its effect on physical and mental health. Sleep is related to our mind and brain. Good and adequate sleep is very important for everyone. The disorder related with inadequate and improper sleep known as insomnia. Insomnia is one of the major problems that human being is facing now days. Sleep disorder or insomnia having serious impact on physical and mental health. In last we have tried to suggest some remedial actions also.

Keywords:- Sleep, Mind, Brain, Insomnia, Anxiety, Depression, Deprivation, NREM, REM.

I. INTRODUCTION

This paper related to understand the mystery of sleep and its effect on physical and mental health of common people. This paper also suggests some remedial actions to achieve a good sleep. As we are well aware that the COVID-19 outbreak originated from China and spread all over the world. The severity of outbreak is harshening to all at physical, mental and emotional level. Most of the countries were declared a second or third nationwide lockdown explaining that it was the only way of breaking the Covid-19 infection cycle. As we know increase in pandemic of COVID -19 huge part of population lockdown in their homes with some restrictions imposed by government time to time. Therefore the people are at home facing lot of physical and mental issues out of which sleeping disorder or insomnia is also major and prominent problem they are facing day by day. There is also some people are noticed that due to lack of sleep or inadequate sleep they are in anxiety and depression. In this study we have try to study the mystery of sleep and its effect on physical and mental health of common people. This study also suggests some remedial actions to achieve a good sleep.

II. ANALYSIS

In this paper we have taken into consideration of following issues to analysis to achieve well being of common people

1. It is prime important to address the public mental health of people during the following months.
2. These need systematic and sincere efforts from psychologist, experts as well as at personnel level.
3. With opinion of experts this crisis could generate symptoms of depression or anxiety due to less and inadequate sleep or insomnia.
4. This will create negative impact on people's mental health it ultimately affects the well being of people.
5. It affect on social and economical crises in future.

Scope of Research

Sleep management is becoming the most significant factor for everyone. There are many factors like mental, emotional; physical exists and it enhancing the degree of sleep at various level. The environment due to lockdown and lack of support from family and friends in adverse condition is another important factor. However, we are focusing on current incidental conditions which can affect the level of sleep. Thus, the study is extended to include personal source of insomnia in context with physical and mental stress. In addition, the consequences are also taken into considerations which are affecting physical, behavioral and emotional part of an individual. This study also suggests remedial action on sleep disorder.

Objectives of Research:

1. To understand the concept of sleep
2. To understand causes of less or inadequate sleep
3. To understand the Physical and Mental symptoms of sleep disorder or insomnia.
4. To determine the factors that contributes the most towards insomnia.
5. To suggest some remedial actions on insomnia or sleep disorder

Significance of Study:

Since the World Health Organization declared the COVID-19 outbreak a global pandemic, many of us, even those who have not been infected by the virus, will choose to quarantine in our homes for the upcoming months. Along with the lockdown, a feeling of uncertainty and panic has

also taken over the country. Especially for those who live away from their families. The corona virus crisis and the restrictive measures that many countries are taking to contain the outbreak can have a negative impact on people's mental health and well-being. Experts agree that it is important to consider the effects of this pandemic on the mental health of people - while providing psychological support for the general public over the sleep disorder or insomnia. Therefore it is future need to identify the various stressors that is affecting sleep of common people and suggest some remedial action points

III. DISCUSSION, ANALYSIS, INTERFACE FINDING AND SUGGESTIONS

What is mystery of sleep?

Your sleep is natural and such that you cannot obtain it from any medicine, device, psychiatric counseling and help from others. Of course, there is still no other option and alternative to sleep. Your sleep is just as important as your work and your diet. What happens when we sleep? Does your mind sleep, does your brain sleep? It is very challenging to find the answer. One may think that if we sleep, the brain also sleeps. But in reality, the brain never sleeps. Our mind exists in the vicinity of the brain. By the time we sleep, at that time, the thought process of the mind gradually stops. Conscious and the unconscious mind break the link with the brain. In this way the connection between the mind and the brain is broken and our daily activities are stopped. The necessary messages from the mind stop and the brain becomes a little relaxed. After that we go to sleep but the brain continues to function to some extent. While you are sleeping, the brain slows down its external functions. In this way, your brain goes through the stages of Non Rapid Eye Movement (NREM) and Rapid Eye Movement (REM) and completes its internal work and when you wake up, you are ready with energy and enthusiasm for new work.

Physical effect of sleep disorder:

The point is, we can never be as conscious about our life and our future as we are about our sleep. Some people even argue that we are wasting our precious lives by sleeping. Sleeping is essential for any living being. In today's fast-paced and busy world, people have forgotten to get enough sleep. Those who are trying to sleep do not fall asleep. If you sleep, you will have intermittent and disturbed sleep. Ultimately the insomnia disorder gets developed in such people. Overall not getting enough sleep makes us irritated, depressed and pessimistic. Also, not having enough sleep can reduce your efficiency and productivity. Worst of all, sleep deprivation can have devastating effects on your physical and mental health. Inadequate sleep can disrupt your energy, enthusiasm, and concentration. Physical consequences include obesity, high blood pressure, diabetes, eye disorders, indigestion, and hemorrhoids. Sleep deprivation reduces the ability of the brain to retain new facts, and the learning restoration benefit is diminished when sleep lasts six hours or less. Sleep deprivation is a significant problem for lot of people especially since it can have detrimental effects on health and well-being. Sleep

deprivation can impair immune function, appetite regulation and other physiological processes influencing health. It can also increase disease risk by undermining physical activity, healthy diet choices and other health behaviors requiring motivation and self-control. Although some research has evaluated a range of psychosocial factors influencing sleep behavior.

Mental effect of sleep disorder:

Sleep is very important for emotional stability and better decision-making. Mental illnesses due to less or interrupted sleep include irritability, depression and melancholy. Naturally, such ailments do not appear immediately, and because we inadvertently or consciously ignore them, they are not noticed until they become serious. Once your sleep gets disturbed or inadequate you get the problem to adjust with daily routine. Your concentration become poor and you are not able to complete your works in time. Ultimately you became irritated on small things. The environment of your around that is in office as well as at home get disturbed. As and when you stuck up in insomnia disorder of sleep you get mentally exhausted. When the insomnia is chronic one it slowly affecting on your thoughts process and mental wellness. You will get the anxiety problem and slowly it will convert into depression.

Remedial action on insomnia or sleep disorder

Therefore, in order to get enough sleep, you will need to make conscious efforts and maintain mental and physical health. You need to be careful that your sleep lasts at least for seven hours. Avoid sleeping in the afternoon, if needed take a nap for 15 minutes. Avoid doing things like watching TV and social media all day long. This can weaken your thinking power and cause your brain to become slow. Continuous work on the computer, surfing on internet and using mobile phone reduces the secretion of a hormone called melatonin. These gadgets emit blue waves that are harmful for your eyes and cause insomnia. Positive thoughts are essential for leading a good lifestyle. But if repetitive and negative thoughts come together, they should be eradicated. Exercise, *pranayam* and yoga should be done for at least 45 minutes every morning or evening. Have a light, low-carbohydrate meal before sleep and don't forget to walk. Also, tea and coffee should be avoided before going to bed because they contain caffeine. Listen music or a pleasant song. Read positive books, but such reading should not last for fifteen minutes before going to bed. Be careful with your sleeping area, your pillow, your bed sheet, your blanket. Make sure there is plenty of ventilation where you sleep. If there is no AC, keep at least one window of the room open. If possible, take a bath when you come home in the evening, considering the nature of your work. Don't watch negative and horror movies before going to bed. Take water 45 minutes before going to bed at night. Sleep with loose clothing. Keep the fan medium. Before going to bed with your children and wife, discuss positive topics and play with laughter. Before going to bed, sit in *Padmasana* or *Vajrasana* for five to ten minutes and take deep breaths and relax your body. Slowly reduce the speed of breathing. Wipe the eyes make up your mind to continue doing the good things you did today. It will happen that you would fall

asleep peacefully. Getting a good night's sleep will make your life easier, simpler, more comfortable and happier.

IV. CONCLUSION

The sleep is very important activity of our body. No one can survive for long time without sleep. To carry out physiological and psychological functions at par or up to mark the sleep play very crucial role. In this study we tried to understand the sleep and its effect on physical and mental health. In this study we have suggested some remedial actions to get good and complete sleep. The sleep problem or disorder is known as insomnia. The insomnia leads to heaviness and tiredness and disturb the physical health as well. Insomnia can not only reduce your energy level and mood but also your health and quality of life. Summarily the sleep is just as important as your work and your diet. You need to understand its impact on physically and mentally in it is inadequate or less. Getting a good night's sleep will make your life easier, simpler, more comfortable and happier.

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