

The Detrimental Effects of Poor Sleep Hygiene

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Assignment Due Date

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Sleep is integral to human health and wellness. Sleep is necessary to preserve a human's physical, mental, and cognitive abilities. Getting enough sleep is necessary to maintain cognitive functions such as memory, problem-solving, and learning. People who do not get enough sleep often have mild to severe cognitive impairments. They are usually advised to develop good sleep hygiene. Sleep hygiene refers to a set of personal behaviors or habits; they are environmental routines that create an atmosphere to cause sleep and avoid activities that disturb or delay sleep (Awadalla et al., 2020). People who lack these habits often suffer insomnia, which has adverse effects on their normal body functions. In some cases, they also develop Excessive Daytime Sleepiness (EDS). In contemporary societies, sleep-related disorders like insomnia are public health concerns. Advancements in technology, coupled with fast-paced lifestyles, hinder many people from getting enough sleep. In the recent past, increased access to the internet has been faulted for playing a significant role in facilitating poor sleep hygiene (Awadalla et al., 2020). Additionally, modern lifestyle choices such as cigarette smoking, alcohol use, and consumption of caffeine have negative implications for sleep. They all constitute poor sleep hygiene and often have detrimental effects.

One common effect of poor sleep hygiene is impaired cognitive functions. Poor sleep hygiene often causes sleep problems. In a study in the Kingdom of Saudi Arabia, Alanazi et al. (2023) found significant connections between poor sleep hygiene practices and sleep problems like daytime sleepiness and depression. The reduced sleep from poor sleep hygiene then resulted in cognitive impairment and mood disorders. These problems affect the normal functioning of humans. For instance, with impaired cognitive functioning, the creative and learning process is significantly impacted. This is especially serious in adults who are at their most productive ages.

Poor sleep hygiene leads to a weakened immune system. Studies have shown that the immune system may signal to the brain and interact with other factors involved in sleep regulation, such as neurotransmitters, to mediate many immunological and nonimmunologic biological functions (Garbarino et al., 2021). During sleep, the immune system kicks in to repair and defend the body from potentially harmful diseases and infections. Lack of sleep denies the body the chance to do its work. For example, studies have shown that sleep deprivation is a risk factor for impaired anti-tumor response. As such, inadequate sleep has been associated with higher chances of contracting some types of cancer, such as prostate and breast cancer (Garbarino et al., 2021).

Poor sleep hygiene also increases the chances of developing mental health conditions or propelling their effects. Lack of enough sleep has been shown to cause insomnia, EDS, and depression (Alanazi et al., 2023). It has also been shown to cause mood disorders. People with chronic sleep deprivation often display irritability, mood swings, and a heightened risk of anxiety and depression. Poor sleep hygiene also has physical effects on the human body. This is because, during sleep, the body performs muscle repair, hormone regulation, and overall physical recovery from physical activities. This does not happen in people with poor sleep hygiene.

Finally, poor sleep hygiene can have detrimental effects on others. This is because the effects of sleep deprivation on the body affect how the brain, and the body in general, interacts with the environment. For instance, impaired cognitive functions that are caused by sleep deprivation can lead to impaired judgment. This affects our real-time decision-making and causes accidents on the road, at home, or at work. This could negatively affect or harm others. These reasons show poor sleep hygiene has adverse effects on one's health. Conversely, good sleep hygiene is necessary for a healthy life.

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