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Neurological consequences of sleep deprivation

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Are you sleep-deprived? Do you know what that means?? Millions of people around the world function on less than optimal sleep daily, thus creating what is known as a sleep deficit. If this cycle continues it can become a chronic issue as stated by the National Sleep Foundation. It is my intention to discuss this problem, its symptoms, and how to repair it should you or a patient be noted on this path. Sleep deprivation happens when the body is functioning on less than optimal sleep. The National Sleep Foundation says the average adult requires 7-9 hours of sleep per night (or day). How many people get 7-9 hours of sleep in this room. Right, for many these is a mythological place we never see. Life gets in the way, running the kids around, errands, dogs, bills, appointments, the never-ending rhythm of our lives that function at breakneck speed. Something must be sacrificed, so it is a sleeping bad move. As a Sleep Tech, we generally work 12-hour midnight shifts (unless we are on days). As a community, we walk around with a sleep deficit from the moment we work our first night shift. Wait, what was that term? Sleep deficit. Right. Symptoms include: Bleary eyes, yawning, moodiness, forgetfulness, fatigue, irritability, depression, learning deficits, Loss of concentration "bobblehead", clumsiness, weight gain with increased appetite, decreased sex drive, all direct effects of sleep deprivation. Long term a combination of any or all of these can lead to chronic disease, obesity, slowed healing, Diabetes, or insulin resistance, emotional difficulties, cardiovascular disease, and possibly growth issues. Let's not forget the greater risk of accidents, on the job and off.

Biography

Kristine Hoffman is a registered sleep technologist with a bachelor's of business degree focus on health care management. She has been in sleep for 16 years. Currently, she works full time for Munson Medical Center and McLaren Northern Michigan. She wishes to discuss the Neurological Consequences of Sleep Deprivation with you because well she is an expert in being sleep deprived.

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