

## **Sleep: The Undervalued Necessity**

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### **Abstract**

*Sleep plays a vital role in good health and well-being throughout our life. Getting enough quality sleep is obtained by going through the five sleep cycles (REM and Non-REM) which helps to protect your mental and physical health, quality of life, and safety. But, do we really value the time that we should allow our bodies to rest? The way you feel while you're awake depends in part on what happens while you're sleeping. During sleep, your body is working to support healthy brain function and maintain your physical health by a rejuvenation mechanism. This places emphasis on the hormone melatonin to regulate the circadian rhythm to prevent malfunctioning of the ANS (sympathetic and parasympathetic). In children and teens, sleep also helps support growth and development. The damage from sleep deficiency can occur in an instant (such as a car crash), or it can harm you over time in the case of chronic health problems like diabetes mellitus. Within this type of research design, 100 randomly sampled patients were surveyed. This reflected that over 85% of teenagers and adults had severe misconceptions about sleep. Another 75% of the sample are at a high risk for a sleeping disorder such as sleep apnea and narcolepsy, seen impacting on how well they think, react, and get along with others. These findings strengthens the off expressed hypothesis linking poor sleeping routine to the establishment of a less productive quality of life. In general, these results indicate that the effects of sleep deprivation may be underestimated in some narrative reviews, particularly those concerning its effects. Thus, this paper aims to examine in depth, how beneficial maintaining a good circadian cycle is and hence create a needed scope of awareness of identifying and reducing sleep disorders.*

**Keywords:** *Sleep cycle, Sleep disorder, Melatonin.*