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Effects of sleep on human psychology and psychological health

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Annotation: This article describes the effects of sleep on human psychology and mental and biological health as much as possible after 22:00 p.m. The mechanism outlines thoughts that sleeping is a factor that ensures that it is psychologically healthy for the next day.

Keywords: Sleep, psychology, memory, hormones, health, Koran Karim, Mental Health, Circadian rhythm, Melatonin

Many great individuals recognized the importance of sleep in succeeding and followed a stable sleep regime. An example of this is Benjamin Franklin, one of the founders of the United States, known to the world for his famous phrase Early to bed and early to rise makes a man healthy, wealthy, and wise. Franklin's sleep regimen and daily routine were an important factor for a successful life. Nobel Prize-winning writer Ernest Hemingway also placed great emphasis on early lying and getting up early. She usually started writing work early on and so went to bed early and slept enough. This greatly helped her to improve her creative efficiency. An example of this is that we can also show many successful personalities, such as Arianna Huffington, Tim Cook, Oprah Winfrey, Richard Branson, Indra Nooyi. These individuals, who were accustomed to getting up early at or near 22:00 or nearby, were well able to understand the effects of sleep on human psychology and overall quality of life. According to a study conducted by the American Academy of Medical Sleep (AASM), people who get up in the morning are fully compliant with their circadian rhythms, which increases their sleep quality, reduces stress levels and improves their overall health. A 2018 study found that lying down in the morning routine and timely sleep improves mental health and reduces depression and anxiety. On the other hand, getting up early and getting up early has a positive effect on a person's psychological state. According to research, people who lie down in time and get up early are usually more fortunate and have better mental health.

In Islam, sleeping on time and getting up early is shown as one of the most important and approved practices. The Koran and events provide valuable instructions on a person's sleep regime and his habit of getting up in the morning. Although the Holy Scriptures do not mention much about the direct

sleep regime in Karim, some verses emphasize the importance of sleep. For example, the image of Rum, verse 23, says: "His signs are that you sleep at night and during the day and seek His grace. Verily in this are signs for a people who can hear." This verse emphasizes the importance of the balance between sleep at night and daytime activity. It is also worth noting that not sleeping after 22:00 p.m. has a negative effect on the production of melatonin. Failure to sleep at 22:00 p.m. has a huge negative impact on human psychology. In the latter case, the breakdown of the biological cycle, the stability of the gormanal balance, memory loss and a number of other problems. The quality of sleep directly affects a person's lifestyle. Disruption of biorhythms causes people to wake up during the slow sleep phase rather than go to sleep fast. If this is repeated regularly, then the person feels empty and. In the future, this will lead to chronic fatigue, insomnia, problems with the cardiovascular system. For a week, volunteers conducted an experiment that took 8 hours of sleep instead of 6 hours a night. During this time, the activity of 711 genes in the body was disrupted. Genes had an increase in activity of half, while the other half decreased. Notably, there has also been an increase in the activity of genes that cause cancer, chronic inflammation, stress and, consequently, cardiovascular disease. And the activity of genes responsible for immunity decreased. One of the physiological signs of human aging is the deterioration of sleep quality (especially in the deep phase). Chronic insomnia (sleeping for less than 8 hours or 5-6 hours) ages the body for 10 years. Also begin problems with the reproductive and cardiovascular system. Sleep function plays an important biological role. In this case, we spend at least a third of our entire life. A person cannot live without sleep, as it contributes to the rapid recovery of the body after nervous tension and physical abuse. The function of sleep and the structure of this phenomenon can be described by a sequence of the following stages:

1. Sleep. This is the initial stage of slow-wave sleep, when a person is sensitive to even the slightest of stimuli. This stage is characterized by slow eye movement, reduced respiration and pulse frequency, decreased body temperature, and slow metabolism.
2. Desire. The person does not know what is happening around. Body temperature continues to decrease, breathing and pulse become uniform and rhythmic. Brain activity slows down, but activity bursts are still possible. To wake up, strong stimuli are needed.

3. Deep desire. This is characterized by a low generation of brain waves, with almost no activity. Breathing slows down, the muscles relax. It is very difficult to awaken a sleeping person.
4. The deepest dream. The brain waves are slow and there are no bursts of activity. It is difficult to awaken a person. In addition, this stage constitutes up to 80% of dreams and manifestations of unconscious activity.
5. REM sleep. Despite the fact that the eyelids are closed, the eyes are actively moving in different directions. At the same time, breathing begins to accelerate, and blood pressure rises. The muscles of the limbs are loose, which helps protect the individual from physical reaction to dreams.

The types and functions of sleep cannot be considered solely from the point of view of internal biological rhythms. The body's own "clock" is determined mainly by the external environment, that is, by the activity of light. Reacting to the light, the visual apparatus sends a signal to the brain. The supraxiazmatic nucleus, in turn, produces the sleep hormone melatonin or awakening hormone cortisol. Melotonin is produced by the pineal gland when the visual apparatus senses darkness. This hormone helps reduce body temperature, blood pressure and emotional calmness. With the onset of daylight, the synthesis of the sleep hormone stops. A person wakes up because a dose of cortisol is released into the bloodstream. It is noteworthy that the circadian rhythm can change throughout the year. This is due to the different length of daylight hours in different devices. The relative stability of this system can be maintained due to artificial lighting devices.

List of available publications

1. American Academy of Sleep Medicine (AASM)
2. Journal of Psychiatric Research, 2018
3. Harvard Medical School, Sleep Health Study
4. Journal of Clinical Sleep Medicine, 2019
5. American Heart Association
6. National Institutes of Health, 2017
7. Stanford University, Sleep Research Center