

Sleep is very important for one's health. Without it we can invite health problems, like heart disease, diabetes, obesity and depression.

Stanley Coren, noted professor of psychology and author of 'Sleep Thieves', says that not sleeping enough can affect one's immune system. He says that the immune system works best when one is sleeping. Then natural killer cells are generated. These are produced in the bone marrow and found in the blood and lymph fluid. They are the part of the body's defence mechanism against viruses etc, even cancer.

In a study conducted in Turkey it was found that after 24 hours of sleep deprivation these natural killer cells declined by 37%. In another study in the U.S.A. this percentage was 72%. This activity returns to normal when we begin to get proper sleep. But sleep deprivation does more damage to our immune system.

Dr. Michael Sole, a Canadian cardiologist, says that there is a higher rate of heart failure among people with sleep disorders and sleep disturbances. He emphasises that C-reactive protein is the evidence that indicates the heart disease risk.

Researches in various universities all over the world have discovered that sleep loss can reduce the body's ability to regulate hormones etc. In a study at the University of Chicago sleep from eight hours a night was reduced to four hours. They noted changes in bodies. Sleep disturbances disturbed glucose in tolerance and insulin resistance causing heart diseases. Dietician Ramona Josephson notes that insufficient sleep may effect three hormones contributing to obesity. Increased hormones resulting from sleep loss make us eat more.

Health And Medicine Class10 Guide

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