

Polyphasic sleep

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Introduction

We live in a fast-moving world. People suffer from constant stresses. We suffer from a lack of sleep and, as a result, have difficulties at work. Every year the number of people suffering from sleep deprivation increases at an alarming rate. There are about forty known physiological effects resulting from it which include irritability, dizziness, depression and headache, weight loss or weight gain, nausea and impaired concentration. Sleep deprivation may weaken immunity; contribute to the development of diabetes, delirium and even stroke. Using polyphasic pattern of sleep, people can achieve better results spending the same time for sleeping, but with intervals, as monophasic sleepers who sleep the same number of hours, but in a row. If you follow the correct mode of polyphasic sleep, you will feel well for a longer time without doing any harm to your body, not needing more time for sleep.

Aim of the study

To study different variations of polyphasic sleep as an alternative to monophasic sleep, to assess the advantages and disadvantages of using the polyphasic pattern of sleep, its influence on the human body.

Materials and methods

In order to evaluate the number of people, suffering from sleep deprivation, sociological and statistical methods were used. Over 250 individuals of different age, activities and social groups were interviewed. Both research and logical methods were used for assessing the influence of polyphasic pattern of sleep on the human body. In addition, the experience of certain people was taken into account.

Results

The results of the sociological survey showed that over 90% of people either periodically or constantly sleep less than necessary. Over 50% of them are students (18-25 years old) and about 35% are teenagers (13-17 years old). They single out five main reasons including lack of time, stress and the absence of necessary conditions for sleeping. Over 80% of respondents need rest or sleep during the day; some of them practise daytime sleep. The most common problems associated with sleep deprivation are sleepiness, chronic fatigue and lack of attention, irritability, depression and apathy. The polyphasic pattern of sleep has advantages over monophasic and biphasic ones due to the division of the day into certain intervals of wakefulness. In order to improve the effectiveness of this regime it is necessary to follow certain rules. It is recommended to exclude food that stimulates the nervous system, give up bad habits to maintain the body in a good working condition.

Conclusion

Currently, a large number of people suffer from sleep deprivation, in particular, people of young age. Such an irrational way to spend physiological time may lead to negative consequences. People can use a polyphasic pattern of sleep to facilitate the state of deprivation and to increase time for work, if the circumstances and the physiological load contribute to it.