

## **The influence of sleep amount on the human organism**

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**Introduction.** Sleep is a natural state of mind and body, it is characterized by relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings. Sleep is a rapidly growing field of research. It's known that sleep is a time when the body repairs and restores itself and getting too little rest can lead to health problems.

**Aim of study:** is to learn more about the consequences in case of sleep lack.

**Materials and methods.** Different medical and scientific sources including foreign literature and websites have been analyzed.

**Results and discussion.** The results of the survey have shown that students don't really know how bad the lack of sleep can be. They don't realize all the consequences of sleep deprivation.

**Conclusion.** The lack of sleep has a bad influence on our body. There are some factors which influence the process of sleep but we hope that tips provided in our work will help you to fall asleep faster. We think that this information will be useful both for teachers and students.

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