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THE INFLUENCE OF SLEEP ON HUMAN PRODUCTIVITY

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Sleep is an important and necessary period for the human body, during which many vital processes occur. Sleep promotes the processing and storage of information, consolidation of the studied material, and rapid sleep implements subconscious models of expected events. While sleeping the brain removes unnecessary neural connections. Sleep ensures the removal of harmful waste products of brain cells from the brain. Most people know that it is important to have a good night's sleep, but only a few sleep enough.

Nowadays people's life depends on a strict regime when they have to get up early. Most people are sleep-deprived and it reflects poorly on their body: impairs attention, alertness, concentration, reasoning, and problem-solving. This means that sleep has a critical role in thinking and learning. Another feature of the modern world are technologies that make people waste their potential sleep time and which, due to blue light radiation, affect the production of melatonin, a hormone that is crucial for falling asleep, has an inhibitory effect on the endocrine system, slowing the rate of aging and increasing life expectancy.

The amount of sleep received during the night and its quality depend on a person's performance and mood. Sleep deprivation can cause diabetes, high blood pressure, coronary arteries and cardiovascular system diseases, and obesity.

The goal of this research is to prove the significance of sound sleep for human health and its effect on human productivity during the day.

A statistic survey of students from technical (BSUIR), linguistic (MSLU), and medical (BSMU) universities were performed and analyzed. We used Google forms to collect this information. Also scientific and statistical literature was used to prove the result of the survey.

Our research work is devoted to the importance of sleep patterns in the modern world and the impact of sleep on human activity. We have analyzed the effectiveness of different sleep techniques, such as monophasic, biphasic, Everyman, etc.