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**THE INFLUENCE OF SLEEP ON THE PSYCHOPHYSICAL  
CONDITION OF THE PERSON**

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Sleep plays an important role in our daily life. Every person spends a third of his life sleeping. Alternation of wake and sleep is the necessary condition of normal functioning of the human body. Scientists claim that the average duration of sleep should be from 5 to 10 hours per day. However, sleep duration of every person is different and depends on sex, age, temper, character and the way of life.

Sleep consists of two phases: slow and fast sleep. During the slow sleep respiratory rate and heart rate decrease, relaxation of muscles is noted. During the fast sleep all physiological functions are activated, motor activity increases, rapid eye movement appears. It has been found that disturbance of one phase of sleep leads to disturbance of the quality of sleep in general.

Due to sleep a person restores strength and energy that were spent during the day. It was found out that the quality and quantity of sleep affect the psychophysical human condition. Sleep disturbance manifests in decreasing of resistance to stress, impairment of working capacity. A person is not able to concentrate, he/she becomes scattered. It leads to emotional instability and inability to resist the slightest stimuli of environment, moreover, to mental and psychological diseases.

The analysis of the interview of BSMU students showed that most of them sleep about 6-7 hours per day (41%) and sometimes have problems with sleep (47%). The main sleep pattern disturbances are sensitive and interrupted sleep, some students cannot fall asleep for a long time. Besides, the majority of respondents note the influence of sleep on their psychophysical condition (71%).

Thus, sleep is one of the most important aspects of human life. It influences all processes in human organism. Getting enough sleep contributes to the good state of health, rising of operability. At the same time problems with sleep are the reasons of fatigability, concentrating difficulty, stresses.