



Scientists do not really know why at least one third of our day should be given to sleeping. But they do know the detrimental effects on wellness of lack of sleep.




*I would be unstoppable. If I could just get started.*



Babies and animals naturally drift in and out of sleep -- as we age that capacity is lost as the demands of life increase.




 For most of us, being able to take “cat naps” would be wonderful! But, typically our consciousness is too active with life demands to relax into a “cat nap.”



Sometimes, to often times, we cannot relax enough to get our necessary REM cycles of sleep. The brain cycles through a full REM cycle about every 3 hours. We need 2-3 REM cycles per night. Stress and Anxiety interferes with these.





 A person can themselves in a terrible cycle of waking fully alert, usually between 2-3 am – this I call the “Awake now there must be something I should be doing” persona. The “need to sleep now” can hit sometime later, causing difficulty for starting a day.

But I was wide awake from  
2 am to 5 am, really.





Irritability heightens with sleep deficit. The “Don’t talk to me until after I have had my coffee” persona.



*I'm Here, What More Do You Want?*



Short term memory is negatively affected by sleep deprivation. Deadlines, responsibilities, appointments can be forgotten as a consequence.



That Was  
Due When?



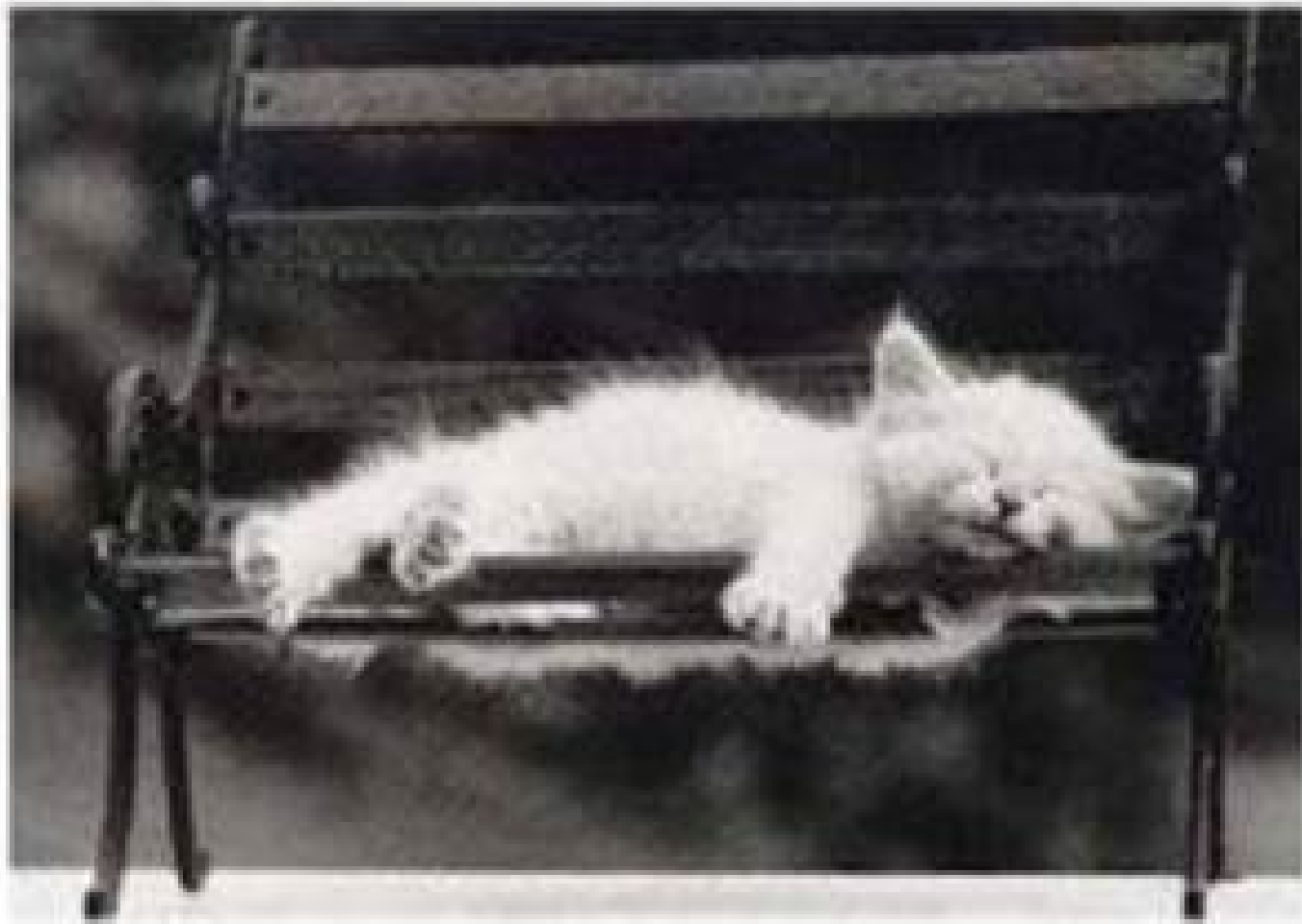
Depression and emotional withdrawal can occur without our awareness of it.







Minor Tasks can become MAJOR ones as our energy is diminished by lack of the needed REM cycles.



*What a week this has been...*

One surprising sign of sleep deprivation is that a person actually falls asleep almost immediately. In a healthy sleep pattern, sleep comes about 15-20 minutes after turning out the light for going to sleep.



Chronic sleep deprivation and interrupted REM cycles need to be seriously addressed as wellness issues. For many people sleep is a major challenge in their lives

