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## **ЯВЛЕНИЕ ДЕПРИВАЦИИ СНА**

Баканов Даниил Витальевич<sup>1</sup>, Тимеева Лидия Владимировна<sup>2</sup>, Мусина Олеся Ракибовна<sup>3</sup>

<sup>1-3</sup>ФГБОУ ВО “Уральский государственный медицинский университет”  
Минздрава России, Екатеринбург, Россия

<sup>1</sup>smuthlur@gmail.com

### **Аннотация**

**Введение.** Сон всегда играл важную роль в нашей жизни, но требования и ожидания современного общества стали запрашивать больше нашего времени, тем самым, сподвигая больше людей отвечать на данные требования урезанием времени сна. Депривация сна - это отсутствие необходимого количества или качества сна чтобы поддерживать достаточный уровень бдительности, деятельности и здоровья.[1] **Цель исследования** - изучить явление депривации сна и его влияние на здоровье человека. **Материалы и методы.** Теоретические методы: анализ литературы, представленной для исследования; обобщение; сравнение и систематизация эмпирических и теоретических данных. Эмпирические методы: изучение различных источников информации; анализ полученной информации. **Результаты.** Депривация сна - распространенное явление, имеющее пагубное влияние как на физическое, так и психологическое здоровье человека.[7] **Обсуждение.** Краткосрочными последствиями нехватки сна являются пониженная стрессоустойчивость, соматические боли, эмоциональное истощение, ухудшение памяти и когнитивных функций. Долгосрочный дефицит сна чреват гипертонией, дислипидемией, сердечно-сосудистыми заболеваниями, проблемами с весом и диабету 2 типа.[1] **Выводы.** Депривация сна является широко распространенной проблемой, ухудшающей качество жизни человека. Она имеет неприятные краткосрочные последствия и может сильно повредить здоровью человека в долгосрочной перспективе.[1]

**Ключевые слова:** недосып, нехватка сна

## **THE PHENOMENON OF THE SLEEP DEPRIVATION**

Daniil V. Bakanov<sup>1</sup>, Lidia V. Timeeva<sup>2</sup>, Olesya R. Musina<sup>3</sup>

<sup>1-3</sup>Ural state medical university, Yekaterinburg, Russia

<sup>1</sup>E-mail: smuthlur@gmail.com

### **Abstract**

**Introduction.** Sleep has always played an important role in our lives, but demands and expectations of our modern society have placed increasing requirements on our time, and more than ever before people tend to cut down on sleeping. Sleep deprivation is the condition of not having adequate duration or quality of sleep to support decent alertness, performance, and health.[1] **The aim of the study** – to research phenomenon of sleep deprivation and its influence on human’s health. **Materials and methods.** Theoretical methods: analysis of the literature submitted for the study; generalization; comparison and systematization of empirical and

theoretical data. Empirical methods: study of various sources of information; analysis of the received information. **Results.** Sleep deprivation has a harmful impact on both physical and psychological state of a human.[7] **Discussion.** The short-term effects of sleep disruption include increased stress, somatic pain, emotional distress, impairment of memory and cognitive functions deficits. The long-term consequences include hypertension, dyslipidemia, cardiovascular diseases, weight-related issues and type 2 diabetes.[1] **Conclusion.** The sleep deprivation is a pervasive problem that significantly impairs the quality of life. It has unpleasant short-time effects and can greatly damage human's health in the long run.

**Key words:** sleep deprivation, insufficient sleep

## INTRODUCTION

Sleep is a biologic process that is essential for life and optimal health. Sleep plays an important role in brain functioning and systemic physiology, including metabolism, appetite regulation, and the functioning of immune, hormonal, and cardiovascular systems.[2]

Despite importance of the following process, sleep disturbances are widespread in our society.[1]

People tend to stretch their capacity and compromise their nightly sleep, thus facing effects of sleep loss.[6]

**The aim of the study** – to research phenomenon of sleep deprivation and its influence on humans health.

## MATERIALS AND METHODS

To achieve the aim and its verification, the following research methods are considered:

Theoretical methods:

1. Analysis of the literature on the research problem;
2. Generalization;
3. Comparison and systematization of empirical and theoretical data.

Empirical methods:

1. Study of various sources of information;
2. Analysis of the information received

## RESULTS

The Sleep deprivation exists in the following forms: acute total and chronic partial form. Acute sleep deprivation refers to a period of 1 night, or a few nights, without sleep or with curtailed sleep. Chronic sleep deprivation refers to a prolonged period of time without sleep or with curtailed sleep.

Causes of the Sleep deprivation. The most common of the acquired group: poor sleep hygiene (excessive light, consuming high amounts of caffeine, alcohol, drugs, irregularity of sleep), unwillingness or inability to sleep, which is directly connected to the sleep disorders, such as insomnia, obstructive sleep apnea, restless leg syndrome, narcolepsy, circadian rhythm disorders.[1]

Sleep disturbance leads to increased level of metabolism (increased oxygen consumption and carbon dioxide production), increased secretion of ATHC (adrenocorticotrophic hormone) and cortisol, decrease of insulin sensitivity (that did

not result in insulin release), decreased secretion of leptin and increased secretion of ghrelin that may contribute to increased appetite.[4][5]

### **DISCUSSION**

Clinical picture. The short-term effects of sleep deprivation include stress, somatic problems and psychological issues. In the long run, insufficiency of sleep leads to hypertension, dyslipidemia, cardiovascular disease, weight-related issues and type 2 diabetes.[1]

### **CONCLUSION**

The sleep deprivation is a pervasive problem that significantly impairs the quality of life which is supported by existed literature. It has unpleasant short-time effects and can greatly damage human's health in the long run.[1]

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### **Сведения об авторах**

Д.В.Баканов - студент

Л.В.Тимеева - старший преподаватель

О.Р.Мусина - старший преподаватель

### **Information about the authors**

D.V. Bakanov - student

L.V. Timeeva - assistant professor

O.R. Musina - assistant professor

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### **ПРИРОДА И ОБЩЕСТВО: ИСТОКИ КОНФЛИКТА И ВОЗМОЖНОСТИ ГАРМОНИИ**

Белова Елизавета Андреевна, Белоусова Елена Валентиновна<sup>2</sup>