

Editorial on Sleep Disorders and its Effects

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Editorial

Sleep is a biologically complicated process. Although you are unconscious during sleeping, your brain and bodily functions are still operating. They help you stay healthy and operate at your best by performing a variety of critical tasks. At the point when you don't get sufficient great rest, it influences more than just your sleepiness. It can have an impact on your physical and emotional health, as well as how you think and perform on a daily basis. Sleep problems are characterised by excessive sleepiness throughout the day and difficulty falling asleep at night. Certain individuals nap off at badly designed minutes, like while driving. Different signs and side effects remember relaxing for an unpredictable way or having an uncomfortable drive to move while dozing. It's likewise conceivable to have peculiar or bothering movements or sentiments while resting. Another indication of sleep disturbances is an inconsistent sleep-wake cycle.

Sleep disorders are a category of illnesses that impair one's capacity to get enough sleep on a regular basis. Sleep problems are growing more widespread in the United States, whether they are caused by a medical condition or too much stress. In fact, more than a third of individuals in the United States Trusted Source say they receive less than 7 hours of sleep in a 24-hour period. On weeknights, more than 70% of high school students (Trusted Source) report obtaining less than 8 hours of sleep. Most people have trouble sleeping from time to time owing to stress, hectic schedules and other external factors. These concerns, on the other hand, may suggest a sleeping disorder if they occur on a regular basis and interfere with everyday living. People with sleep

disorders may have difficulty going asleep and may feel exceedingly fatigued during the day, depending on the kind of disorder. Sleep deprivation can affect your energy, emotions, focus and general health. Sleep disturbances can sometimes be an indication of another medical or mental health problem. Once the underlying reason is identified and treated, the sleeping issues may go away. When a sleep issue isn't caused by something else, it's usually treated with a mix of medical therapies and lifestyle adjustments.

If you feel you have a sleep disturbance, it's critical to get a diagnosis and treatment as soon as possible. The harmful impacts of sleep disturbances might lead to severe health implications if they are not managed. They can likewise hamper your capacity to follow through with ordinary responsibilities, cause pressure seeing someone and harm your expert presentation.

Consequences of lack of sleep

Your brain functions better when you get enough sleep. Lack of sleep or rest of inferior quality can have an assortment of negative repercussions. The most evident issues are exhaustion and low energy, anger and difficulty concentrating. Your capacity to make judgments, as well as your emotions, may be impaired. Rest issues every now and again agree with gloom or uneasiness indications. Sleep issues can increase depression or anxiety and sleep disorders can contribute to sadness or anxiety.

Sleep deprivation and excessive sleep are connected to a variety of chronic health issues, including heart disease and diabetes. Sleep difficulties can also be a symptom of medical or neurological issues such congestive heart failure, osteoarthritis, or Parkinson's disease.

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