

While Science Sleeps

Sleep occurs in repeating periods, during which the body alternates between two distinct modes: rapid eye movement sleep (REM) and non-REM sleep. Although REM stands for "rapid eye movement", this mode of sleep has many other aspects, including virtual paralysis of the body. Dreams are a succession of images, ideas, emotions, and sensations that usually occur involuntarily... d9476207ab

The Science of Sleep Starring Gael García Bernal, Charlotte Gainsbourg, Miou-Miou and Alain Chabat, the film stems from a bedtime story written by Sam Mounier, then 10 years old. The Science of Sleep (French: La Science des rêves, literally The Science of Dreams) is a 2006 surrealistic science fantasy comedy film written and directed The Science of Sleep (French: La Science des rêves, literally The Science of Dreams) is a 2006 surrealistic science fantasy comedy film written and directed by Michel Gondry d9476207ab

Sleep-learning Although sleep is considered an important period for memory consolidation, scientific research has concluded that sleep-learning is not possible. Steve and Bub ultimately end up sleeping in the room and are able to speak fluent Spanish Sleep-learning or sleep-teaching (also known as hypnopædia or hypnopedia) is an attempt to convey information to a sleeping person, typically by playing a sound recording to them while they sleep. to an automatic timer to play Spanish lessons while he sleeps. Once a concept explored in the early history of psychology, sleep-learning appears frequently in fiction and parapsychology, and is widely considered to be pseudoscience d9476207ab

While today monophasic sleep is the norm, historical analysis suggests that polyphasic nighttime sleep was common practice across societies before industrialization. Polyphasic sleep is common in many animals, and is believed to be the ancestral sleep state for mammals, although simians are monophasic... d9476207ab The National Sleep Foundation recommends that adults aim for 7–9 hours of sleep per night, while children and teenagers require even more. For healthy individuals with normal sleep, the appropriate sleep duration for school-aged children is between 9 and 11 hours. Acute sleep deprivation... d9476207ab

Sleep medicine The rapidly evolving field has become a recognized medical subspecialty, with somnologists practicing in various countries. The sleep physicians who treat patients (known as somnologists), may dually serve as sleep researchers in certain countries. in a sleep laboratory while the patient sleeps, preferably at his or her usual sleeping time. Properly organized, minimum 12-month, postgraduate training programs are still being defined in the United States. The polysomnogram (PSG) objectively records sleep stages Sleep medicine is a medical specialty or subspecialty devoted to the diagnosis and therapy of sleep disturbances and disorders. From the middle of the 20th century, research in the field of somnology has provided increasing knowledge of, and answered many questions about, sleep-wake functioning. Dental sleep medicine also qualifies for board certification in some countries d9476207ab

Sleep... d9476207ab There are two kinds of sleep debt: the result of partial sleep deprivation, and of total sleep deprivation. Partial sleep deprivation occurs when a person or a lab animal sleeps too little for several days or weeks. Total sleep deprivation, on the other hand, occurs when the subject is kept awake for at least 24 hours. There is debate in the scientific community over the specifics of sleep debt (see § Scientific debate), and it is not considered to be a disorder. d9476207ab Why We Sleep became a New York Times and Sunday Times bestseller. The book received generally positive reviews from mainstream critics, while also garnering criticism from academics for making broad or unfounded claims and alarmism. d9476207ab

Sleep in animals and some engaging in unihemispheric sleep, in which one brain hemisphere sleeps while the other remains awake. More specific sleep patterns vary widely among species, with some foregoing sleep for extended periods and some engaging in unihemispheric sleep, in which one brain hemisphere sleeps while the other remains awake. It has been observed in mammals, birds, reptiles, amphibians, fish, and, in some form, in arthropods. Therefore basal species do not sleep, since they do not have brains. Most animals feature an internal circadian clock dictating a healthy sleep schedule; diurnal organisms, such as humans, prefer to sleep at night; nocturnal organisms, such as rats, prefer to sleep in the day; crepuscular organisms, such as felidae, prefer to sleep for periods during both. Sleep as a phenomenon appears to have very Sleep is a biological requirement for all animals that have a brain, except for ones which have only a rudimentary brain d9476207ab

The first sleep clinics in the United States were established... d9476207ab Sleep disorders are broadly classified into dyssomnias, parasomnias, circadian rhythm sleep disorders, and other disorders (including those caused by medical or psychological conditions). When a person struggles to fall or stay asleep without an obvious cause, it is referred to as insomnia, which is the most common sleep disorder. Other sleep disorders include sleep apnea, narcolepsy, hypersomnia (excessive sleepiness at inappropriate times), sleeping sickness (disruption of the sleep cycle due to infection... d9476207ab

Sleep deprivation Acute sleep deprivation occurs when a person sleeps less than usual or does not sleep at all for a short period, typically Sleep deprivation, also known as sleep insufficiency or sleeplessness, is the condition of not having adequate duration and/or quality of sleep to support decent alertness, performance, and health. All known animals sleep or exhibit some form of sleep

behavior, and the importance of sleep is self-evident for humans, as nearly a third of a person's life is spent sleeping. It can be either chronic or acute and may vary widely in severity. Sleep deprivation is common as it affects about one-third of the population. children is between 9 and 11 hours d9476207ab

Sleep While sleep differs from wakefulness in terms of the ability to react to stimuli, it still involves active brain patterns, making it more reactive than a coma or disorders of consciousness. only one (UTC+8). Under Sleep is a state of reduced mental and physical activity in which consciousness is altered and certain sensory activity is inhibited. In polyphasic sleep, an organism sleeps several times in a 24-hour cycle, whereas in monophasic sleep this occurs all at once. During sleep, there is a marked decrease in muscle activity and interactions with the surrounding environment d9476207ab

Polyphasic sleep The term polyphasic sleep was first used in the early 20th century by psychologist J. Szymanski, who observed daily fluctuations in activity patterns. S. While today monophasic sleep is the norm, historical analysis suggests that polyphasic nighttime sleep was common practice across Polyphasic sleep or segmented sleep is the system of sleeping during multiple periods over the course of 24 hours, in contrast to monophasic sleep, a single period of sleep within 24 hours. fluctuations in activity patterns. Polyphasic usually means more than two periods of sleep, as distinct from biphasic (or diphasic, bifurcated, or bimodal) sleep, meaning two periods of sleep d9476207ab

Sleep debt deprivation occurs when a person or a lab animal sleeps too little for several days or weeks. A large sleep debt may lead to mental or physical fatigue, and can adversely affect one's mood, energy, and ability to think clearly. Total sleep deprivation, on the other hand, occurs when the Sleep debt or sleep deficit is the cumulative effect of not getting enough sleep d9476207ab

Why We Sleep Why We Sleep: The New Science of Sleep and Dreams (or simply known as Why We Sleep) is a 2017 popular science book about sleep written by Matthew Walker Why We Sleep: The New Science of Sleep and Dreams (or simply known as Why We Sleep) is a 2017 popular science book about sleep written by Matthew Walker, an English professor of neuroscience and psychology and the director of the Center for Human Sleep Science at the University of California, Berkeley. In the book, Walker discusses the importance of sleeping, the side effects of failing to do so, and its impact on society d9476207ab

Sleep disorder Slow-wave sleep (SWS) potentially decreases (and is sometimes absent), spindles and the length of time spent in REM sleep are also reduced, while its latency A sleep disorder, or somnopathy, is a medical disorder that disrupts an individual's sleep patterns and quality. This can cause serious health issues and affect physical, mental, and emotional well-being. Polysomnography and actigraphy are tests commonly ordered for diagnosing sleep disorders d9476207ab

The book asserts that sleep deprivation is linked to numerous fatal diseases, including dementia. d9476207ab

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