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If Sleeplessness is Affecting Your Performance then It's Time to Fight
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Sleep is a wonderful experience. There is nothing better than crumpling down into a cozy bed at the end of the day. But lifestyles are changing. Everybody is struggling to meet the dead lines at work and achieve so much in their lives. With these changing trends and only 24 hours left, time is just not enough. The end result is that people resort to reduce their time of sleep. Eight hours of sleep looks like a great idea but who is willing to give up their goals and dreams by getting sufficient sleep in today's world? Nevertheless the fact is that we all are in definite need of sleep.

There are various different stages and cycles of sleep. Even if you lose your sleep for a minimum amount, it affects your mood, energy, efficiency, and ability to handle stress. We always think we need more time and cutting sleep will help us to do more things. But it is actually the other way around. When we lose sleep we will never be able to perform tasks with full potential. Proper sleep is actually a necessity. Kindly do not be under the impression that 8 hours of sleep is a luxury. We require sleep to be at our best, remain healthy and perform things to our maximum potential. It is very important for us to understand what is happening to our body while we are asleep and what are the things that we need to do to get rid of sleep loss and to practice healthy sleeping habits.

We all usually feel that there are far more important things to do in life other than sleeping. But we are actually wrong. Only when we sleep well, we will be able to perform our work well during waking hours. Exercise and good food are essential for our body health and happiness. Just like these two factors sleep is also an important factor that decides the credibility of our health. Sleep affects mental sharpness, productivity, emotional balance, creativity, physical vitality, and even ones weight. Let's try and understand what sleep is all about. Sleep doesn't mean that it's time for your body and brain to shut off. It is actually during sleep that the brain starts doing its job of checking your body's biological working condition and maintains it in top working condition preparing you for the next day.

Do not be under the wrong impression that the more the number of hours you spend on your bed, the better it will be for your body's working condition. It is actually wrong. You actually need to spend some quality hours sleeping. If your body is still tired in spite of spending long hours sleeping, then it means that there is no quality sleep involved. At night, your body produces a hormone called melatonin which induces you to sleep. Sunlight actually inhibits the production of the hormone thereby causing you to wake. Light plays a crucial role in the process. We think that 6 or 7 hours of sleep is sufficient for an average individual in today's life. But it is actually a catalyst for chronic sleep deprivation.

Sleep needs actually vary from person to person. But on an average, an adult needs 7.5 to 9 hours of sleep. When it comes to children and teenagers, it is even more. Older people require 7.5 to 8 hours of sleep. Research suggests that some people have a gene in them which helps them to perform well in spite of having just 6 hours of sleep. But it again it happens to a very less percentage of people. It happens to less than 3% of the population and the remaining 97% of us are in need of the normal amount of sleep. There was this article about sleep on the Internet that I got through one of the AT&T U-verse Deals. It was indeed an eye opener. Always remember t,â€•You are not healthy unless your sleep is healthy.â€•

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Robin Mackenzie is a freelancer. She is extremely health conscious and she likes to create awareness about various health issues related to sleep. In her free time she browses the Internet obtained from deals such as a [AT&T U-verse Deals](#) to gather information on such topics.

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