The International Journal of Indian Psychology
ISSN 2348-5396 (Online) | ISSN: 2349-3429 (Print)
Volume 9, Issue 4, October- December, 2021
DIP: 18.01.124.20210904, DOI: 10.25215/0904.124
http://www.ijip.in

Research Paper

Impact of Sleep on Well-Being

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ABSTRACT

Sleep plays a very important and crucial role in good health and well-being throughout your life. Getting enough and good quality sleep at night will help protect our mental and physical health, as well as our quality of life and safety. may not be a top priority to keep track of your sleep schedule, but getting enough sleep is critical for your health in many ways. You may not know it, but from your weight and metabolism to your brain function and mood, the amount of sleep you get affects everything. This paper is secondary research on the general population and it focuses on how a sleep can impact a person's well-being and why it is important to sleep. It has been said that it is important for a human body to sleep for 7-8 hours daily to function properly but nowadays because of hectic schedule people don't have enough time to sleep properly and eventually it has a negative effect on their mental and physical health. So, it's important for everyone to understand the importance of sleep in their lives.

Keywords: *Sleep, Well-Being, Sleep Deprivation, Quality of Sleep, Physical and Mental Health.*

The quality of your sleep is more important than the amount of sleep you get, as it contributes to your overall health. You feel refreshed when you sleep well. The amount of sleep you need is based on what is going on in your life. For your health and well-being, good quality sleep is vital, helping you to de-stress, concentrate during the day and learn new things.

It is much more important for your well-being to get enough sleep than to follow a strict diet or regular exercise routine. The reason for good health is quality sleep. It is vital for your body to reconstruct tissues, replenish cells, and restore lost energy to catch the correct amount of ZZZs, plus it allows you to catalog memories of the day and maintain the information you captured each day.

An odd bad night's sleep may make you feel exhausted and irritable the next day, but your health won't be harmed. Regular poor-quality sleep, however, can have an immense impact on your health, putting you at risk of developing serious medical problems and can affect your body, feelings, emotions, and actions. It can have a huge impact on your health if you

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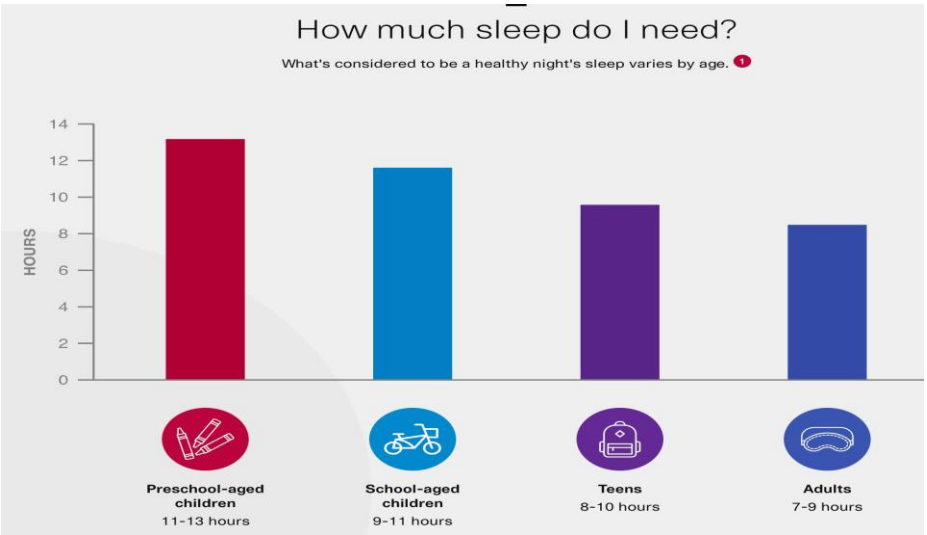
Received: August 23, 2021; Revision Received: November 25, 2021; Accepted: December 08, 2021

don't sleep well, putting you at risk for serious medical problems like heart disease and diabetes. It can even make your life expectancy shorter.

Sleep and mood impact one another. It can take its toll on your mind if you don't get enough sleep and can also lead to mental health issues like anxiety and depression. People who do not get enough sleep will find that they feel depressed, and people who are depressed may find that they do not get enough sleep. Also, Sleeping less will cause you to gain weight. Studies have shown that individuals who sleep less than 7 hours a day are 30% more likely than those who sleep for 9 hours or more to be obese. This is thought to be because sleep-deprived individuals have lower levels of leptin (the hormone that makes you feel full) and more ghrelin (the hunger- stimulating hormone).

The National Sleep Foundation estimates that 80% of people don't get enough sleep (NSF). Millions of people, however, do not get enough sleep, and many suffer from sleep deprivation. According to NSF studies from 1999 to 2004, at least 40 million Americans suffer from over 70 different sleep disorders, and 60% of adults experience sleeping problems a few nights a week or more.

Person sleep requirements differ. Most healthy adults are built to be up for 16 hours a day and need an average of eight hours of sleep a night. Some people, on the other hand, can work without sleepiness or drowsiness after just six hours of sleep. Others can't function at their best until they've had ten hours of sleep. And, contrary to popular opinion, the need for sleep does not decline with age, though the ability to sleep for six to eight hours at a time may decline. (Principles and Practice of Sleep Medicine, Van Dongen & Dinges, 2000).



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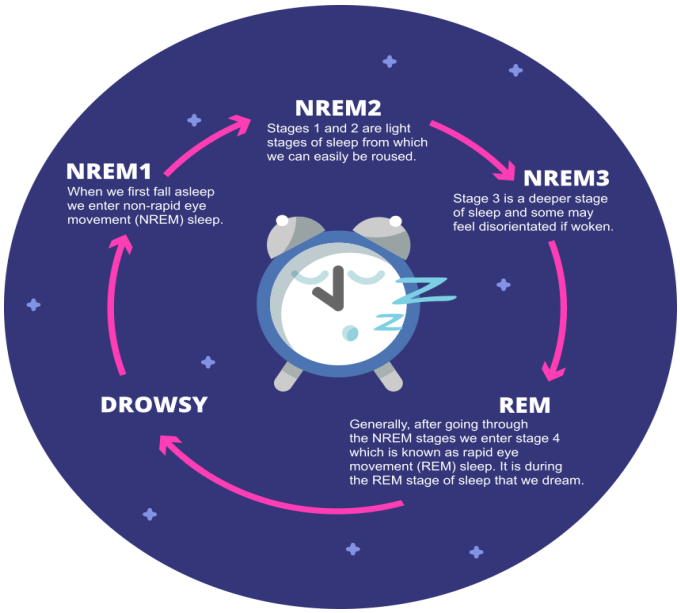
According to sleep researchers, stress is the leading cause of short-term sleeping problems. School or job-related pressures, a family or marriage issue, or a serious illness or death in the family are all common triggers. When a stressful situation passes, the sleep issue usually goes away. Short-term sleep issues, such as insomnia, can, however, continue long after the initial stress has passed if they are not properly managed from the beginning.

Drinking alcohol or caffeine-containing drinks close to bedtime, exercising close to bedtime, keeping an irregular morning and nighttime schedule, and working or doing other physically challenging activities right before or after bedtime may all interrupt sleep.

Traveling disrupts sleep, particularly if you have jet lag or are traveling different time zones. Your biological or "circadian" rhythms can be disrupted as a result of this.

A room that is too hot or cold, too noisy, or too brightly lit may be a barrier to getting a good night's sleep. Sleep may also be disrupted by interruptions from children or other family members. Other factors to consider are the comfort and size of your bed, as well as your sleeping partner's behaviours. If you have to sleep next to someone who has different sleeping habits, snores, has trouble falling or staying asleep, or has other sleep issues, it becomes your problem as well!



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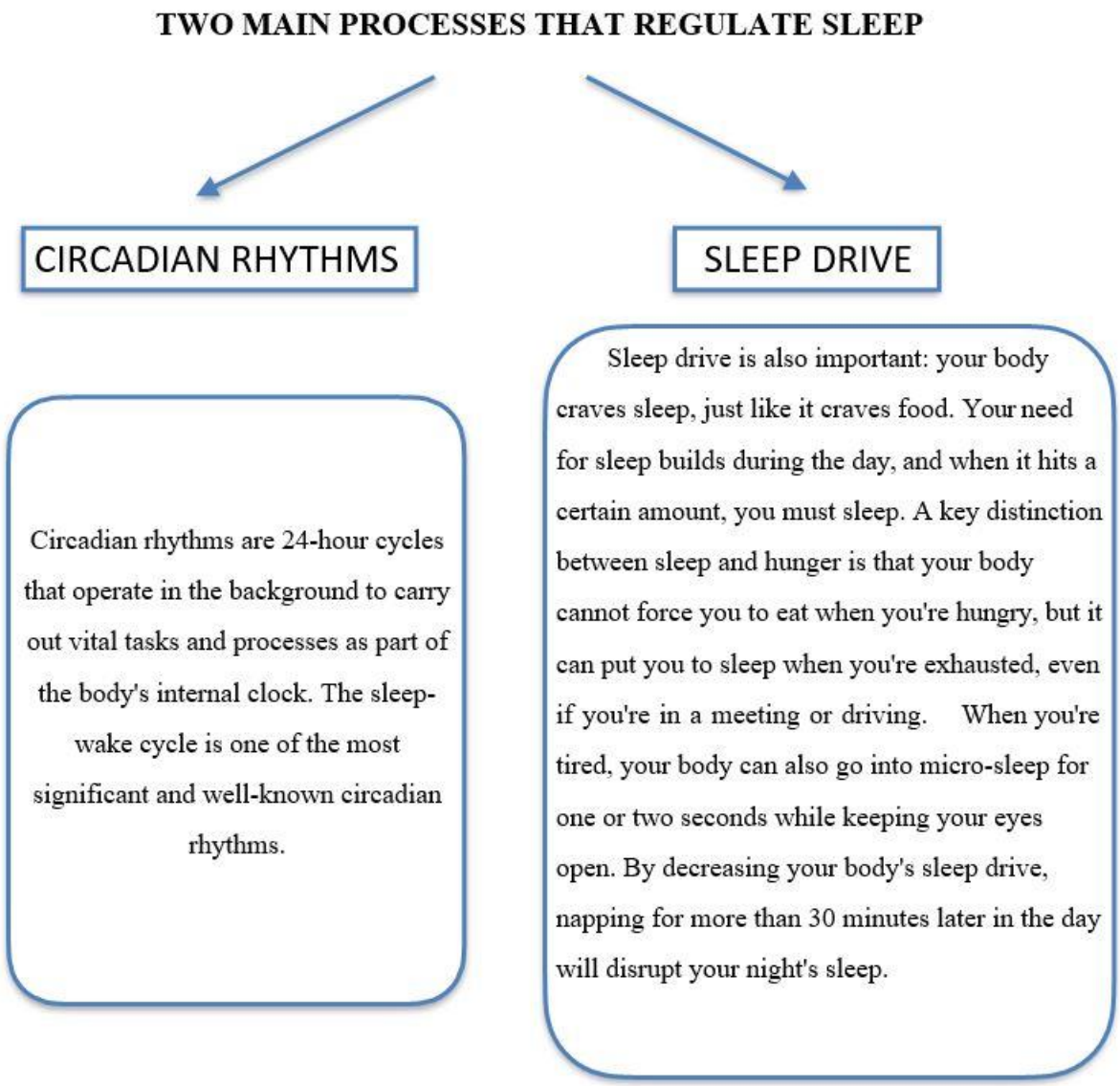
Good sleep is divided into cycles of four phases. We become increasingly unplugged from the world as we pass through stages 1 and 2, before we enter the deep sleep that happens in stage 3. In deep sleep, during the period, both brain and body activity fall to their lowest point, and blood is diverted to muscles from the brain.

The fourth and final stage is named for its defining feature, the rapid eye movement, REM. In REM sleep, our minds become consciously active, too, even more so than when we are awake. During this stage, dreaming occurs. For physical renewal, hormonal control, and development, deep sleep is crucial. You are more likely to get ill without deep sleep, feel down, and gain an excessive amount of weight. According to the National Sleep Foundation's 2008 Sleep in America study, people who sleep less than 6 hours per night on working days are significantly more likely to be obese than people who sleep 8 hours or more (41 percent vs. 28 percent).

The brain processes and synthesises memories and emotions during REM sleep, the fourth stage of the sleep cycle, which is critical for learning and higher-level thought. Slower

cognitive and social processing, memory issues, and difficulty focusing are all symptoms of a lack of REM sleep.



Statement of Hypothesis

This paper hypothesises to prove that sleep is important to maintain a healthy lifestyle.

REVIEW OF LITERATURE

A paper titled 'Sleep and Wellbeing, Now and in the Future' (2017) describes sleep and eating as factors that promote healthy living in the context of cognition and learning. The rest period includes sleeping, while the active phase includes all other activities. The attribute "exercise is medicine" is widely accepted. However, evidence shows that the same rule holds true for sleep and nutrition.

Life satisfaction, feelings of happiness, depression, frustration, tension, and pain, and a sense of purpose and meaning in life are all facets of well-being. As a result, our psychological and physical well-being is influenced by the events that unfold around us, which can have a significant effect on our health over time. Chronic sleep deprivation raises the risk of

developing diabetes, cardiovascular disease, and other diseases. Short, poor-quality, and irregular sleep can, in fact, adversely affect metabolic public health.

Chronic sleep deprivation has a significant effect on a person's ability to perform everyday activities, resulting in an intense sense of physical exhaustion, malaise, decreased memory, and reduced well-being over time. Memories offer life meaning and purpose.Sleep problems are very common. Sleeping difficulties or waking too early can be caused by a number of factors, including sleeping too cold or hot, medication, alcohol and caffeine use, and pain.Eating within 3hours of bedtime is positively associated with nocturnal awakening.

A research paper 'The emotional brain and sleep: An intimate relationship' written by Marie Vandekerckhove and Raymond Cluydts (2010) explains the process The results of the study corroborate our own life experiences, in which daytime events, especially emotionally stressful events, have an effect on sleep quality and well-being. While the exact role of daytime emotional stress in affecting sleep physiology and dream habits, dream content, and the emotion inside a dream is still unknown, it is clear that it has a distinct impact on sleep. Exaggerated startle response, decreased dream recall, and elevated REM-sleep waking thresholds, as well as increased or decreased latency to REM-sleep, increased REM density, REM-sleep length, and the frequency of arousals in sleep as a predictor of sleep disturbance, have all been discovered. However, not only do daytime activities influence sleep, but sleep amount and quality also influence how we respond to these events and can be a significant determinant of overall well- being. In everyday functioning, sleep appears to be restorative, while sleep deprivation makes us more vulnerable to emotional and traumatic stimuli and events in particular.

The way sleep affects next-day mood/emotion is thought to be influenced in particular by REM sleep, where we see hyper limbic and hypoactive dorsolateral prefrontal functioning combined with regular medial prefrontal cortex functioning, which is possibly adaptive in dealing with the constant stream of emotional events we encounter. Good sleep may be a bio behavioral regulatory and restorative mechanism that controls everyday emotional experiences and allostatic loads of emotional stress.

A research paper titled 'The role of sleep in adolescents' daily stress recovery: The aim of this study was to look into the role of sleep in adolescents' daily affective stress recovery processes. For two weeks, eighty-nine American teenagers used Fitbit devices to monitor their emotions and stress through regular surveys and sleep. According to the findings, objectively assessed sleep (sleep onset lag and sleep debt) moderated negative affective responses to previous-day stress, with stress-related negative affect spillover effects being more pronounced as sleep decreased.

Cross-day positive impact "bounce-back" results were moderated by total sleep time and sleep debt. Morning positive effect on days following high stress appeared to rebound back to levels seen after low-stress days with more sleep. In contrast, if sleep was short after a stressful day, the beneficial impact lasted only until the next morning.

Subjective sleep quality was not found to be a regulator of spillover/bounce-back effects. According to this study, the amount of sleep you get will affect how well you recover from stress over night. Adolescence is a time of development that is known for its lack of sleep (Carskadon, 2011). Given the importance of sleep in virtually all aspects of emotional

processing (Kahn, Sheppes, & Sadeh, 2013; Palmer & Alfano, 2017), sleep, either period or quality, can play a role in adolescent emotional recovery.

The effect of daily sleep on stress recovery in adolescents was investigated in this research. daily stress the present study provides evidence for the moderating role of sleep, particularly sleep duration and sleep debt accrued over time, on everyday stress recovery. We discovered that getting less sleep after a stressful day resulted in more negative affect spillover and less positive affect bounce-back the next morning. We believe that these findings highlight the importance of considering adolescent sleep in daily stress recovery processes and have implications for how sleep can influence everyday emotional functioning during critical developmental periods and overtime.

Another paper titled 'sleep and psychological well-being' While several studies have associated sleep issues with psychopathology symptoms, fewer studies have looked at the relationship between sleep and psychological health dimensions such as depression. To close this gap, 502 group members were polled on their sleeping habits, anxiety and depression symptoms, and Ryff's six dimensions of psychological well-being.

Participants were categorised as either optimal sleepers (those reporting an average of 6 hours or less than 8.5 hours per night) or suboptimal sleepers (those reporting an average of more than 8.5 hours per night) based on cut-offs suggested by epidemiological studies.
The Multivariate Analysis of Covariance (MANCOVA) indicated that optimal sleepers recorded fewer symptoms of depression and anxiety, as well as higher levels of environmental mastery, personal growth, positive relationships with others, and purpose in life after controlling for demographic differences (i.e., sex, age, education, ethnicity, employment status, marital status, and presence of children).

When people with mild to moderate symptoms of depression were removed from the data set, the differences in depressive symptoms, positive relationships with others, purpose in life, and self-acceptance between optimal and non-optimal sleepers remained significant. These findings support a theoretical theory that views sleep as a resource for stress management and self- regulation.

Sleep is linked to both positive and negative functioning, according to the study. The importance of sleep as a diathesis and maintenance factor for various types of psychopathology and physical illness is currently being researched. However, the findings of this study, as well as those of Hamilton et al. (in press) and Zohar et al. (2005), all point to the value of sleep as a component of resilience. It is inherently more satisfying to manage life's ups and downs if one has the energy to fulfil the demands along the way.

'Sleep and its importance in adolescence and in common adolescent somatic and psychiatric conditions' Sleep is an universal biological trait in all animals, according to a Dove Press report, and reflects a global state of immobility with significantly reduced responsiveness to environmental stimuli, distinguishable from coma or anaesthesia by its rapid reversibility. Sleep restoration is closely linked to improved physical, cognitive, and psychological health.

Sleep deprivation in rodents and flies causes death more rapidly than food deprivation, demonstrating its critical significance. Given the crucial importance of sleep, it is reasonable

to assume that adolescence is a critical time for normal growth and development, during which sleep, in conjunction with a variety of other processes, plays an important role.

In this review, We will begin by presenting current perspectives on the complex neurobiology of sleep and its functions, as well as their implications. In comparison to childhood and adulthood, there is a significant rise in many inappropriate habits, pathological somatic and psychological problems, and psychiatric disorders in adolescence. Both of these symptoms are accompanied by varying degrees of sleep disruption.

Given the importance of sleep and its complex architecture in physiological, cognitive, and psychological processes, a bidirectional relationship between its maturational or pathological alterations and common somatic, cognitive, and psychiatric disorders in adolescence may be inferred.All of these common adolescent ailments should be treated with sleep disturbances in mind. Parents, paediatricians, psychologists, and sleep experts must pay more attention to adolescent sleep shifts as well as common adolescent pathological conditions.

"How a good sleep life satisfaction: The role of zero-sum beliefs about happiness" The study looks at how sleep quality affects life satisfaction. Humans are conditioned to communicate with others. The aim of this research is to establish the connection between sleep and life satisfaction, as well as to look at one possible cognitive belief that can help bridge the gap. Various personal beliefs about happiness have an effect on a person's actual level of happiness. Those who view happiness as more logical, controllable, and incremental, for example, are happier than others.

257 undergraduate students volunteered and were paid $5 for their participation. Participants signed a consent form and completed the Pittsburgh sleep quality index, which assesses the quality of their sleep over the previous month. The questionnaire is made up of 19 questions divided into seven sections. While social relationships are important for well-being, social interaction is costly and energy consuming, which is perhaps why people need a certain amount of time alone, which serves a restorative purpose, we discovered that those who sleep well are more happy with their lives, even when controlling for individual characteristics such as personality. Sleep consumes a large portion of one's waking time. However, little is known about the relationship between sleep and life satisfaction.

Sleep paralysis another article published by Ganesh B , Sai Venkata Vedavyas Pisipati, Shivashanker M, Sirisha V, BabuRao CH and Sreekanth Nama. This article discusses the causes of sleep paralysis and what sleep is, as well as a few sleep disorders. Sleep paralysis is a medical condition in which a person lying in a supine position, about to fall asleep or just waking up from sleep, discovers that she or he is unable to talk, move, or cry out.

This can last a few seconds or minutes, or even longer in some cases. And they have the feeling that evil is following them, sitting behind them, about to strike them. Stress and job pressures and stresses are very normal in today's hectic lives. Overtime work induces a shift in circadian rhythm, which causes sleep paralysis and serious diseases like narcolepsy and Alzheimer's disease.

To avoid sleep paralysis, get enough rest and eat a balanced diet. Even though there are few CNS medications on the market, meditation and the practice of walking first thing in the morning can help with sleep paralysis.

Overview of sleep & sleep disorders an article published S. Chokroverty discussed that sleep is divided into two states based on behavioral and physiological criteria: deep sleep and light sleep. NREM (nonrapid eye movement) sleep is divided into three stages (N1, N2, and N3). The second edition of the International Classification of Sleep Disorders (ICSD) includes eight types of sleep disorders as well as appendix A and B.

Excessive daytime sleepiness, insomnia, irregular movements or behaviour during sleep, and failure to sleep at the desired time are the four main sleep complaints. Overnight polysomnography, multiple sleep latency, and maintenance of wakefulness tests, as well as actigraphy, are all important laboratory tests for investigating sleep disorders. Insomnia, obstructive sleep apnea syndrome, narcolepsy-cataplexy syndrome, circadian rhythm sleep disorders (e.g., jet lag, shift work disorder, etc.) and parasomnias (e.g., partial arousal disorders, REM activity disorder) are all common sleep disorders that general physicians should be familiar with.

The treatment of sleep disturbances is based on the concept of first determining the cause of the sleep disturbance and then actively treating the co-morbid conditions that are causing the sleep disturbance. Main sleep problems, on the other hand, are better treated by a sleep specialist. General practitioners should have a high index of skepticism when it comes to the prevalence of sleep disorders in today's culture. The first step is to address any underlying conditions that could be causing excessive sleepiness or an inability to get enough good sleep.

A paper titled "use of sleep hygiene in the treatment of insomnia" written by J. Stepanski and James K. Wyatt discuused that for patients with insomnia, sleep hygiene (SH) refers to a collection of habits, environmental conditions, and other sleep-related variables that can be modified as a stand-alone treatment or as part of a multimodal treatment.

While sleep hygiene is a well-known and widely used treatment choice, there is no absolute agreement on which measures must be included to qualify as sleep hygiene treatment, and there is a lot of variation between sleep hygiene and other cognitive-behavioral insomnia therapies like Stimulus Control Procedures and Sleep Restriction Therapy.There is no empirical evidence demonstrating the importance of bad SH as a contributor to insomnia or demonstrating that good SH improves sleep in insomnia patients.

A research article titled "Headache and sleep" by Andrea Alberti. Due to specific causative variables, headache and sleep have long been known as interdependent. However, a clear understanding of these factors' functions in this interdependence remain unclear. Many reports have indicated a reciprocal relationship between headache and sleep; however, rigorous studies have only partly supported these hypotheses. As a result, further well-designed clinical and laboratory studies are needed to validate these connections.

Nonetheless, sleep and headache are known to be linked in many ways: sleep can trigger primary headaches like migraine, cluster headache (CH), and hypnic headache (HH), while sleep disorders like sleep apnea and insomnia can cause chronic morning headaches.

Furthermore, headaches and sleep disturbances may be signs of underlying diseases. Migraine, CH, and HH all seem to be linked to sleep stages, implying that they are all

chronobiological disorders. Patients with recurring morning or nocturnal headaches should be treated for the presence of sleep disturbances.

Another article titled "Association between sleep disorders, obesity, and exercise" by Trent A Hargens, Anthony S Kaleth, Elizabeth S Edwards, Katrina L Butner. The relationship between sleep disorders and obesity is examined in this paper.It also discusses how sleep disorders may impact the exercise response and how exercise may impact patient outcomes with regard to sleep disorders.

Sleep deprivation and poor quality are linked to a rise in body weight and adiposity. Insomnia, obstructive sleep apnea, and restless legs syndrome are three of the most common sleep disorders that put people at risk for a variety of chronic illnesses.

Several studies have looked into the effect of these sleep disorders on obesity, and they're a significant piece of the puzzle in understanding the connection between sleep disorders and chronic disease. In obesity and chronic disease, physical activity and exercise are important prognostic tools, and numerous studies have looked into the connection between obesity, sleep disorders, and exercise.

A paper titled "Sleep and Quality of Well-Being" by Girardin Jean-Louis, Daniel F. Kripke, and Sonia Ancoli-Israel: The Estimated modal sleep period four decades ago was 8 hours. An significant nocturnal polysomnographic research published in 1974 found that volunteers slept an average of seven hours a night, but that their time in bed was limited. The National Health Interview Survey showed that middle-aged adults slept seven to eight hours a night a decade later. The modal sleep period had decreased to seven hours, according to a Gallup survey conducted in 1995. According to the 1998 "Sleep in America Poll," the average recorded sleep period was 6.57 hours.

Actigraphic recordings revealed that adults aged 40 to 64 slept just 6.22 hours on average in a recent population-based analysis of sleep habits. According to a recent report in Sleep Medicine Warning, we might be sleeping 25% less than our forefathers did 100 years ago.
The amount of sleep needed to fulfil the demands of daily life or to improve one's quality of life has yet to be determined. In order to determine whether increasing current sleep durations will likely confer substantial personal and social benefits, researchers must first investigate associations between habitual sleep duration and quality of well-being in the natural setting. We found no evidence that longer sleep period is linked to higher health-related quality of life in the population-based data we looked at.

A paper titled "Cigarette Smoking and Sleep Disturbance" published by Barbara A. Phillips, MD, MSPH, Frederick J. Danner, PhD: Obesity, heavy alcohol consumption, a lack of physical activity, and cigarette smoking are all common characteristics of people who have sleep problems. We wanted to see if there was a connection between cigarette smoking, bad sleeping habits, and sleep problems.

Several lines of evidence point to a connection between cigarette smoking and sleep disruption, including the impact of nicotine and nicotine withdrawal on sleep, the propensity for nonsmokers to be more alert in the morning, the link between cigarette smoking and snoring, and the tendency for people who indulge in one unhealthy habit to engage in others.
Cigarette smokers were more likely than nonsmokers to have difficulty falling asleep, staying asleep, daytime sleepiness, minor injuries, depression, and a high daily caffeine

intake. Tobacco use should be inquired about in people who have sleep problems. It is important to inform smokers that there is a connection between cigarette smoking and sleep disturbance.

Another research article titled "Sleep and Anxiety Disorders" published by Thomas A. Mellman Anxiety symptoms and sleep disturbances are closely linked. Anxious arousal causes insomnia by interfering with sleep onset. Inadequate sleep both sustains and predisposes to anxiety states that continue. Anxiety disorders are medical conditions characterised by chronic anxiety that is maladaptively induced and severe enough to interfere with daily functioning.

Sleep disorders are among the DSM-IV diagnostic criteria for post-traumatic stress disorder (PTSD) and generalised anxiety disorder (GAD). After being exposed to extremely stressful situations, some people experience PTSD, which presents as symptoms such as reliving the trauma, emotional numbing and avoidance habits, and increased arousal. Nightmares of trauma- related content and trouble inducing and sustaining sleep, which is the general description of insomnia, are specific conditions for the sleep disorder.

Another paper titled by "Sleep duration and life satisfaction" by Alan T. Piper : Sleep is an important component of our lives. It restores energy levels and, according to emerging medical science, helps the brain in supporting and promoting good mental health. This article has shown that the amount of sleep a person gets is critical for their overall happiness. A finding that confirms recent medical studies suggesting that sleeping and good mental health share several common neural networks, and that the connection between sleep and life satisfaction could be more significant than we currently realise. On a typical weekday, people in Germany sleep for an average of 7 hours in the nationally representative sample used in this study. Within various socioeconomic groups, however, there are minor variations. For example, and perhaps most notably, there is an interesting difference due to health, with very healthy people sleeping for longer than people in poor health on average: but this difference is only around 30 minutes. Sleep is undeniably beneficial to one's health. Though the exact mechanisms connecting sleep and happiness are still unknown, it is clear that they exist. More studies from various backgrounds will help us gain a better understanding of this relationship as a whole.

Last paper titled "Sleep and the processing of emotions" written by Gaétane Deliens ,Médhi Gilson and Philippe Peigneux. : Sleep plays a key role in the control and processing of emotions, emphasising its importance in human ability to regulate and respond to emotional information. Stressful and emotional experiences in general seem to induce changes in the sleep architecture under both experimental and ecological conditions. Individual features such as coping strategies and personality traits might also modulate the way sleep is impacted by emotional experiences.

In recent decades, studies on how emotions interfere with cognitive processes, as well as studies on the role of sleep in cognition, have inspired researchers' interest. It suggests that stressful and emotional interactions can cause changes in post-exposure sleep architecture, while emotional disturbances are more likely to occur as a result of sleep disruptions.

Furthermore, post-training sleep tends to be particularly beneficial for the consolidation of inherently emotional memories, implying that emotions modulate off-line brain activity patterns that explain memory consolidation processes.

METHODOLOGY

The paper was done using secondary research qualitative method of study. Secondary analysis, also known as desk research, is a research approach that involves the use of previously collected data. Current data is summarised and compiled in order to increase the overall effectiveness of the research. Secondary research refers to information contained in research papers and other related documents. Knowledge that can be used and used for research purposes is also stored by government and non-government organisations.

Secondary research is much more cost-effective than primary research because, unlike primary research, it makes use of existing data, rather than data collected first-hand by organisations or companies, or data collected on their behalf by a third party.

RESULT

SNO.	NAME OF THE PAPER	AUTHOR	OBJECTIVE	RESULT	DOI
1	Sleep and Wellbeing, Now and in the Future	Chin Moi Chow	What role does sleep play in one's overall well-being? Sleep deprivation and/or lack has a significant negative effect on health and well-being.	Chronic sleep deprivation raises the risk of developing diabetes, cardiovascular disease, and other diseases.	10.3390/ ijerph170 82883
2	The role of sleep in adolescents' daily stress recovery: Negative affect spillover and positive affect bounce-back effects	Amanda E. Chue, Kathleen C. Gunthert, Rebecca W. Kim, et al.	The role of sleep in adolescents' regular affective stress recovery processes was investigated.	On non-school days, we discovered that sleep was substantially better in terms of overall sleep time, sleep debt, and subjective sleep quality than on school days.	10.1016/ j.adolesc ence.201 8.05.006
3	The emotional brain and sleep: An intimate relationship	Marie Vandekerck hove, Raymond Cluydts	how emotional conditions influence sleep, and how sleep influences affective information emotional processing	Based on the occurrence of negative/ unpleasant dreams during REM-sleep awakenings at baseline, 72 percent of the 39 participants categorised as depressed could be correctly classified as remitted or not remitted one year later.	https:// doi.org/ 10.1016/ j.smrv.201 0.01.002
4.	Sleep and psychological well- being	NA HAMILTON, C.A.	The aim of this study was to see if there was a connection	Differences in psychological well-being, as well as	https:// www.jsto r.org/ stable/

SNO.	NAME OF THE PAPER	AUTHOR	OBJECTIVE	RESULT	DOI
		NELSON,N. STEVENS	between sleep patterns and psychological well-being.	anxiety and depression symptoms, can be linked to sleep duration.	20734450?seq=1
5	Overview of sleep and sleep disorders	S. Chokroverty	A summary of sleep and sleep disorders is presented in this study.	95% of the time Sleep disorders are mainly triggered by emotional factors such as laughter, rage or anger.	https://pubmed.ncbi.nlm.nih.gov/20308738/
6	Sleep and the processing of emotions	Gaétane Deliens, Médhi Gilson, Philippe Peigneux	There is a close connection between sleep and emotional processing in different ways.	Sleep disruptions can trigger emotional disturbances, which may promote the development of psychiatric disorders such as anxiety and depression.	10.1007/s00221-014-3832-1
7	Sleep duration and life satisfaction.	Alan T. Piper	Sleep is important factor for life satisfaction.	The findings show that the sleep period associated with maximum ceteris paribus life satisfaction is, on average, significantly longer than that which people have.	https://link.springer.com/article/10.1007/s12232-016-0256-1
8	Headache and sleep	Andrea Alberti	In the general population, headache and sleep disorders are normal, and they often coexist in the same patient.	Headache is a frequent symptom in both obstructive sleep apnea and insomnia patients, according to this report.	10.1016/j.smrv.2006.03.003
9	Sleep and anxiety disorder	Thomas A. Mellman	Anxiety disorders, generalised anxiety disorder, panic attacks, and posttraumatic stress disorder are also linked to sleep disturbances.	Sleep panic attacks were identified by 33 percent to 71 percent of panic disorder patients in surveys and clinical assessments.	10.1016/j.psc.2006.08.005
10	Association between	Trent	SD affects a	Sleep	10.2147

SNO.	NAME OF THE PAPER	AUTHOR	OBJECTIVE	RESULT	DOI
	sleep disorders, obesity, and exercise	Hargens, Kaleth, Edwards, et al.	significant proportion of the adult population, with persistent insomnia afflicting 10%–13% of adults and intermittent insomnia afflicting another 25%–35%.	disturbances and deprivation, whether caused by insomnia, SDB, or a sleep-related movement disorder, tend to be linked to the production or exacerbation of body adiposity, or vice versa.	/ NSS.S34838
11	Sleep and quality of well-being	Girardin Jean-Louis, Daniel F. Kripke, and Sonia Ancoli-Israel	Sleep deprivation reduces the quality of one's life.	Despite evidence that nocturnal sleep deprivation is linked to exhaustion, these findings indicate that increasing sleep duration does not directly improve quality of life.	https://pubmed.ncbi.nlm.nih.gov/11145326/
12	Use of sleep hygiene in the treatment of insomnia	Edward J Stepanski, James K Wyatt	Sleep problems may be worsened by bad sleep hygiene.	Data from average sleepers clearly shows that such sleep habits have a negative impact on sleep quality and quantity.	10.1053/smrv.2001.0246
13,	Cigarette smoking and sleep disturbance	Barbara A. Phillips, MD, MSPH, et al.	There is relationship between cigarette smoking and sleep disturbance.	Cigarette users were slightly more likely to have trouble falling asleep, staying asleep, becoming sleepy throughout the day, and having minor injuries.	https://pubmed.ncbi.nlm.nih.gov/7695462/
14	How a Good Sleep Predicts Life Satisfaction: The Role of Zero-Sum Beliefs About Happiness	Ji-eun Shin, Jung Ki Kim	The aim of this study is to confirm the connection between sleep and life satisfaction, as well as to look into one possible cognitive belief that could help bridge the gap.	Controlling for human traits such as personality, people who sleep well are more happy with their lives.	10.3389/fpsyg.2018.01589
15	Sleep and its importance in adolescence and in common adolescent somatic and	Serge Brand, Roumen Kirov	How bad sleeping habits lead to problems.	In comparison to childhood and adulthood, there is a significant	DOI:10.2147/IJGM.S11557

SNO.	NAME OF THE PAPER	AUTHOR	OBJECTIVE	RESULT	DOI
	psychiatric conditions			rise in many inappropriate habits, pathological somatic and psychological problems, and psychiatric disorders in adolescence.	

DISCUSSION

Getting enough sleep is important for a person's health and well-being to remain optimum. Sleep is just as important to their health as physical exercise and a well-balanced diet.

Sleep is important for your health and well-being throughout your life. Your mental and physical health, as well as your quality of life and safety, would all benefit from getting enough good sleep at the right times. What happens when you're sleeping influences how you feel while you're awake. As you sleep, the body works to support healthy brain activity and maintain your physical health. Sleep also aids growth and development of children and teenagers. Sleep deprivation may have immediate consequences (such as in a car accident) or long-term consequences. Chronic sleep deprivation, for example, can raise the risk of developing some chronic health conditions. It can also affect your ability to think, react, work, learn, and socialise.

Sleep helps in the proper functioning of the brain. Your brain is planning for the next day when you sleep. It's creating new pathways to assist you in learning and remembering new knowledge. A good night's sleep has been shown to increase learning in studies. Sleep improves your learning and problem-solving abilities, whether you're learning math, how to play the piano, how to practise your golf swing, or how to drive a car. Sleep also improves concentration, decision- making, and creativity.

Sleep deprivation has also been shown to change brain activity in certain areas. You may have difficulty making decisions, solving problems, managing your emotions and behaviour, and dealing with change if you don't get enough sleep. Sleep deprivation has also been related to depression, suicide, and taking risks. Children and teenagers who are sleep deprived can have difficulty interacting with others. They can be irritable and rash, experience mood swings, be sad or depressed, or be lacking in motivation. They may also have difficulty paying attention, receive lower grades, and feel overwhelmed.

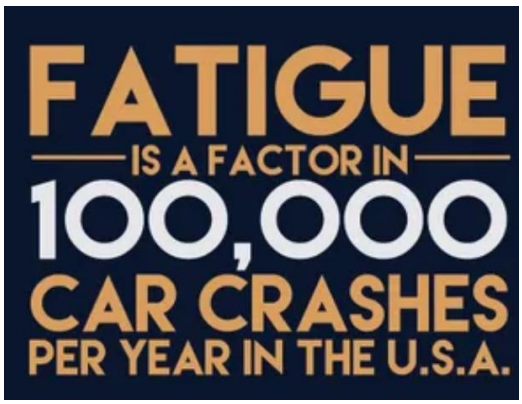
Source: google images

Sleep is important for your physical health. Sleep aids in the recovery and repair of the heart and blood vessels, for example. Chronic sleep loss is linked to heart disease, kidney disease, high blood pressure, diabetes, and stroke. Sleep deprivation also contributes to obesity. According to one study of teenagers, losing an hour of sleep raised the risk of being obese.

Sleep helps in the maintenance of a healthy hormonal balance that determines whether you are hungry (ghrelin) or full (leptin). Ghrelin levels increase and leptin levels fall when you don't get enough sleep. As a result, you'll be more hungry than when you're well-rested. Sleep influences how the body reacts to insulin, the hormone that controls blood sugar levels. Blood sugar levels increase above normal as a result of sleep deprivation, potentially raising the risk of diabetes.

Sleep is essential for the proper functioning of your immune system. This system defends the body against harmful or foreign substances. Sleep deprivation that lasts for a long time will change the way your immune system responds. If you don't get enough sleep, for example, you can struggle to fight infections. If you get enough good sleep at the right times, you can do better throughout the day. People who are sleep deprived are less productive at work and school. They complete tasks more slowly, react more slowly, and make more mistakes.

Microsleep may also be caused by a lack of sleep. Microsleep is described as brief periods of sleep that occur while you are awake. Microsleep is difficult to manage, and you might be unaware of it. Have you ever driven somewhere and then forgotten a significant portion of your trip? If that's the case, you've probably had a microsleep session.



Source: google images

Some people are unaware of the risks of not getting enough sleep. They may be unaware of the fact that they are sleep deprived. They may believe that they can perform well even with little or poor-quality sleep. Drowsy drivers, for example, may believe they are capable of driving. Sleep deprivation, on the other hand, has been shown to impair driving capacity as much as, if not more than, being intoxicated. Driver drowsiness is thought to play a role in about 100,000 car accidents per year, resulting in about 1,500 deaths. Sleep deprivation isn't just a problem for drivers. Health care staff, pilots, teachers, lawyers, engineers, and assembly line workers are among those who may be affected. According to sleep experts, when people get the sleep they need, they will not only feel better, but they will also have a better chance of leading healthier, more productive lives.

The way the body prepares for sleep and wakefulness is influenced by a variety of factors. Your body has an internal "body clock" that determines when you should be awake and when you should be sleeping. The body clock usually follows a 24-hour cycle (called the circadian rhythm). The activity of two processes regulates this rhythm. The first is an increasing desire to sleep with each passing hour. In the evening, as the majority of people fall asleep, the need for sleep peaks.

One of the factors linked to this need for sleep appears to be adenosine. When you're awake, the brain's adenosine levels start to rise. The increase in this compound's level suggests a shift in mood. When you sleep, the body breaks down adenosine. A second step involves the internal body clock. This clock is in sync with the surrounding world. Heat, darkness, and other cues will help you determine when you are awake and when you are drowsy.

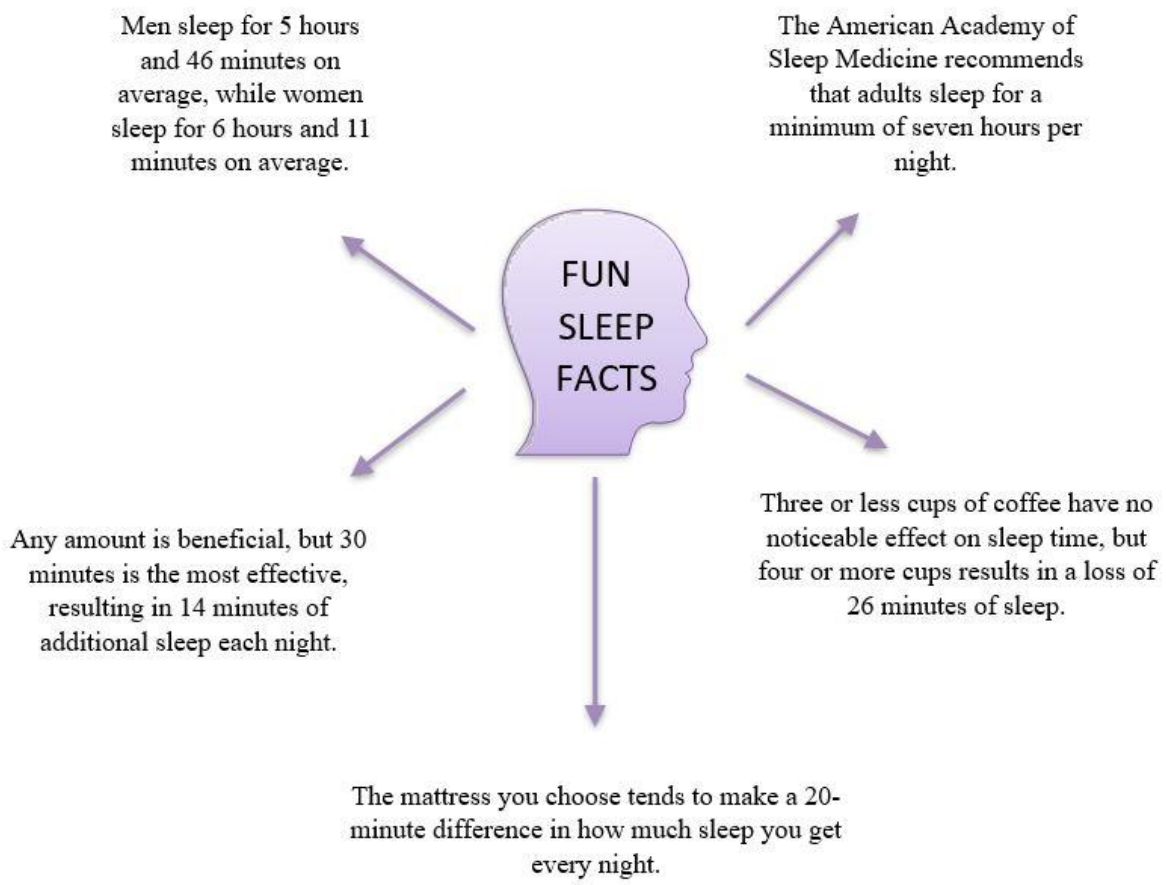
For example, light signals from your eyes signal to a particular part of your brain that it is daytime. Your body clock is synchronised with the hours of the day and night by this part of your brain. On a daily basis, the body clock controls the release of chemicals in your body. Melatonin is a chemical produced by your body when it gets dark. Melatonin makes you feel drowsy by indicating to your body that it's time to prepare for sleep.

Late-night exposure to bright artificial light will interrupt this mechanism, making it difficult to fall asleep. A TV screen, computer screen, or a very bright alarm clock are all examples of bright artificial light.Your body releases cortisol as the sun rises. This hormone helps the body wake up naturally.

The body clock's rhythm and timing change as we get older. Teenagers and adults sleep later then children and adults of a similar age. One reason for this is that melatonin is released and increases later in the 24-hour cycle in teenagers. As a result, many adolescents prefer later nighttime bedtimes and more early sleep than adults.

Young children sleep the most in the early evening. Teenagers have a tendency for sleeping in the morning. In addition, older people have a tendency to go to bed and wake up earlier. As people get older, their sleep habits and types change as well. Newborn babies, for example, spend more time in REM sleep. Slow-wave sleep (a form of non-REM sleep) levels peak in early childhood and then decline after puberty. It continues to deteriorate as people get older.

Impact of Sleep on Well-Being



CONCLUSION

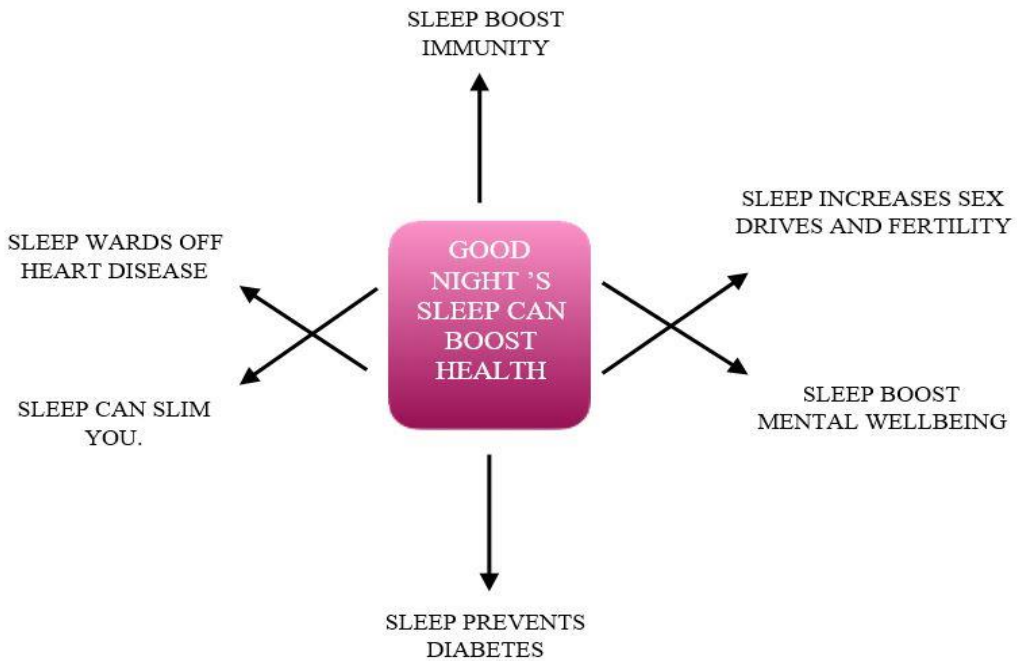
Getting a good night's sleep is no joke. According to research, the amount of sleep we get is inextricably related to our overall satisfaction. When we don't get enough sleep, our risk of depression rises, and we're more likely to be stressed out. And that isn't the only way we are impacted: In addition to weight gain, sleep deprivation has been related to an increased risk of stroke and diabetes. What a full-body experience! It's no surprise that when we're tired, we turn into Oscar the Grouch. Everyone can get enough sleep, but a man's attitude will be influenced if he doesn't get enough. As a result, getting enough sleep is important. There have been cases where sleep deprivation has been shown to be harmful to humanity. Sleep deprivation has three side effects, all of which can be harmful. Human wellbeing is one of the negative effects of sleep deprivation. The human body recovers its energy and well-being both physically and psychologically while sleeping. It boosts the immune system, rejuvenates the metabolism, and eliminates toxins.

As a result, if a person does not get enough sleep, their body will gradually worsen. People who are easily angered have a shorter lifespan than those who are more happy. Furthermore, becoming angry would not assist in the resolving the issues. It can, on the other hand, worsen the problems. For example, an employee who is irritable as a result of sleep deprivation wants to complete his work perfectly. He is unable to do so, though, since he did not get enough sleep the night before. As a result of his mood, he disrupted his job. Individuals often need enough sleep to maintain a stable state of mind. One of the most serious consequences of sleep deprivation is the impact it has on other aspects of one's life

Sources: Google images

When a person does not get enough sleep, he can have a negative impact on his family, colleagues, and friends. For example, my classmate came to class this morning to finish our assignment, but our work was ruined by his mistake because he was too tired to think clearly. As a result, the students must have slept well to fulfil her responsibility to other students for a variety of reasons.

We've all seen the consequences of not having enough sleep. That frustrated, cranky feeling where you just want to lay down on the floor and not speak to anyone. Sleep has an impact on how your brain works, because if you have a balanced, well-rested brain or a sleep-deprived brain, your daily life will be somewhat different.



There are many reasons why you should invest in your sleep routine and perfect your sleep hygiene, in addition to the value of sleep and the benefits of good sleep health. Sweet sleep is one of life's necessities, assisting our bodies in growing, repairing tissue, replenishing cells, storing and cataloguing memories and learnings, and recharging our batteries. It's impossible to take anything so critical to your overall wellbeing and survival for granted. Get plenty of rest by sleeping early and often. Good luck with your snoozing!

Sources: google images

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Acknowledgement

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author(s) declared no conflict of interest.

How to cite this article: Nangia S. (2021). Impact of Sleep on Well-Being. *International Journal of Indian Psychology*, *9*(4), 1298-1317. DIP:18.01.124.20210904, DOI:10.25215/0904.124