

Role of Sleep Hygiene in Improving Shut-Eye Sleep Quality

Zahra Aghelan*

Department of Dermatology, Kermanshah University of Medical Sciences, Kermanshah, Iran

DESCRIPTION

Sleep has become an elusive luxury for many. However, its importance cannot be overstated. A restful shut-eye is not merely a break from the day's activities; it is a vital component of our overall well-being. In this article, we delve into the characteristics of a truly restful sleep and highlight why understanding and prioritizing these qualities can significantly enhance our physical, mental, and emotional health. One crucial characteristic of a restful shut-eye is its duration. Research consistently emphasizes the importance of getting an adequate amount of sleep, which varies depending on age and individual needs.

Generally, adults require between 7-9 hours of sleep per night. However, it is essential to remember that quality is just as vital as quantity. A shorter period of deep, uninterrupted sleep can often be more rejuvenating than a longer period of restless slumber. The uninterrupted continuity of sleep is another key characteristic that contributes to its restorative effects. Our sleep cycles consist of various stages, including light sleep, deep sleep, and REM (Rapid Eye Movement) sleep. Interruptions, such as frequent awakenings or disturbances from external factors like noise or light, can disrupt these cycles, leading to fragmented sleep and diminished restfulness. Creating a conducive sleep environment, free from distractions, can help promote continuous and undisturbed sleep.

Sleep quality

Beyond duration and continuity, the quality of sleep is paramount. The depth of sleep and its restorative nature play a vital role in waking up refreshed and revitalized. Deep sleep, characterized by slow brain waves, is essential for physical and mental recovery. During this stage, the body repairs tissues, builds bone and muscle, and strengthens the immune system. Conversely, REM sleep is associated with cognitive functions,

memory consolidation, and emotional well-being. Achieving a balance between these sleep stages is crucial for overall sleep quality.

Sleep architecture

The structure or architecture of sleep refers to the pattern and organization of the sleep stages. A healthy sleep architecture involves a balanced progression through different stages, typically following a cyclic pattern. This balanced architecture is important for maximizing the benefits of sleep. Disruptions to this pattern, such as irregular sleep-wake schedules or untreated sleep disorders, can lead to a skewed sleep architecture and ultimately impact the restfulness of sleep.

Sleep hygiene

The characteristics mentioned above can be significantly influenced by one's sleep hygiene practices. Sleep hygiene refers to the habits and behaviors surrounding sleep that can either promote or hinder restful shut-eye. Establishing a consistent sleep routine, maintaining a comfortable sleep environment, and managing stress levels are essential components of good sleep hygiene. Avoiding stimulants like caffeine and electronic devices close to bedtime can also facilitate better sleep quality.

CONCLUSION

In a world where constant connectivity and busyness dominate our lives, prioritizing the characteristics of restful sleep is more critical than ever. By understanding the importance of sleep duration, continuity, quality, architecture, and maintaining good sleep hygiene, we can reap the immense benefits of a rejuvenating shut-eye. Embracing these characteristics not only enhances our physical health but also nurtures our mental and emotional well-being, enabling us to tackle each day with renewed energy.

Correspondence to: Zahra Aghelan, Department of Dermatology, Kermanshah University of Medical Sciences, Kermanshah, Iran, E-mail: padidehbiochemist@yahoo.com

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