



PROPER ORGANIZATION OF SLEEP AND ITS IMPACT ON HUMAN SOCIAL ACTIVITY

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Annotation : *The article provides a comprehensive analysis of the impact of sleep on the human body and social activity. It is emphasized that sleep is not only a process of rest, but also an important physiological process for the recovery and effective functioning of the body. Studies show that the quality and duration of sleep are directly related to attention, memory, emotional stability and physical health. Each of the stages of sleep - NREM and REM - affects the cognitive and physiological state of a person. The article explains the circadian rhythms of sleep and their connection with hormones such as melatonin. It is noted that lack of sleep negatively affects social activity, work efficiency and emotional stability of a person, as well as increases the risk of chronic diseases such as cardiovascular diseases, obesity, depression and diabetes. The article also presents scientifically based approaches to sleep hygiene and its proper organization. Among them, recommendations such as adherence to a daily regimen, increasing physical activity, avoiding stimulants in the evening, and making the environment more comfortable are given. In conclusion, the article emphasizes that the quality of sleep is directly related to a person's overall health and social activities and concludes that it is possible to improve the quality of life by observing sleep hygiene.*



Keywords: *Circadian rhythms, NREM, REM, sleep, cognitive processes, sleep hygiene, depression.*

Introduction

Sleep is an integral part of human life, it is not only rest, but also supports the most important processes of the human body and brain. The sleep process ensures the restoration of physiological and psychological systems in the brain and body. Despite the fact that a person's need for sleep varies among people of different ages, the quality and duration of sleep are important in all age groups. This article examines the proper organization of sleep, its impact on social functioning, factors determining the duration and quality of sleep, as well as the harmful effects of sleep deprivation.

Main part

Physiological Importance of Sleep and Circadian Rhythms The sleep process is closely related to rhythmic changes occurring in biological systems. Circadian rhythms, that is, the cycles of day and night, play an important role in human sleep. Circadian rhythms control the body's internal clock and control hormonal changes during the day. For example, melatonin - a hormone that promotes sleep - is produced mainly at night. If these rhythms are disrupted, it becomes difficult to fall asleep, as a result of which the overall activity of the body and cognitive functions such as memory, attention and balance decrease.

Sleep Stages and Their Importance Sleep consists of several stages, which can be divided into two main types: NREM (non-rapid eye movement sleep) and REM (rapid eye movement sleep). NREM consists of three stages, among which there is the deepest stage of sleep. At this stage, the activity of the body and brain decreases further, and recovery processes continue actively. The REM stage is mainly important for memory and cognitive processes. Studies show that during REM sleep, brain activity is at a high level, which serves to consolidate memories and creative



thinking. Thus, each stage of sleep is of great importance for the stability of the psychological and physiological state of a person.

The Effect of Sleep on Social Activity

The quality and duration of sleep also directly affect a person's social activity. Lack of sleep or poor quality sleep leads to negative results in social relationships, work activities and educational processes. Studies show that lack of sleep makes a person nervous, insecure and prone to dissatisfaction. Such people may have difficulty performing important tasks in a team.

In addition, sleep deprivation reduces the ability to concentrate, which manifests itself in communication and relationships.

Negative Effects of Sleep Deficiency

Sleep deprivation is dangerous not only for social functioning, but also for health. Studies show that regular sleep deprivation increases the risk of cardiovascular disease, obesity, depression, and diabetes. People who are sleep deprived experience a decrease in overall physical and mental performance, which has a serious impact on their overall quality of life. At the same time, sleep deprivation reduces brain function and weakens the ability to think. This condition leads to loss of concentration and memory loss. Recent studies have shown that, for example, sleeping less than three to four hours a day can cause chronic diseases. Technological tools, such as sleep trackers and smart beds, are used to monitor sleep quality. People have been able to track their sleep patterns and take steps to improve their sleep, which has a positive impact on their health. Studies conducted by the American Academy of Sleep Medicine have also shown that getting enough sleep has a positive effect on mental health. According to their 2024 study, people who get enough sleep have an increased sense of gratitude, which helps them feel more mentally stable and cheerful. According to studies, people who get enough



sleep are more physically fit and socially active, which increases their overall well-being.

Approaches to Organizing Sleep

There are several scientifically-based approaches to organizing sleep properly. Sleep hygiene is a set of habits and rules aimed at improving the quality and duration of sleep. Sleep hygiene practices include going to bed at a certain time at night, increasing physical activity during the day, and avoiding stimulants (caffeine, alcohol, and similar substances) in the evening. Reducing light and noise in the bedroom also has a positive effect on sleep quality. Scientific studies show that people who follow sleep hygiene have much better sleep, which brings them success in social and personal activities.

Conclusion:

Proper organization of sleep is one of the most important factors for the human body. Good sleep quality has a positive effect on a person's social life, mental and physical health. By following sleep hygiene and monitoring the sleep cycle, a person will be able to maintain their overall health and make their social activities more effective. This shows how important sleep is not only in personal life, but also in social terms.

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