

SLEEP FOR LIFE

Performed:
student PS13
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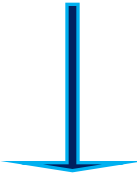
All living creatures sleep, but the amount of sleep varies greatly because each species has an appropriate pattern of sleep suited to the world it inhabits.

- An elephant sleeps only 2 hours a day.
- Gorillas and domestic cats sleep about 18 hours a day.

Of all living creatures only human beings get insomnia. !!!

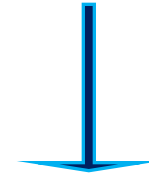


*After 36 hours
without sleep*



- ❖ The tired brain can overcome fatigue if it wants to.
- ❖ Motivation, excitement and danger all keep us awake.
- ❖ The tired brain is not good at boring, repetitive tasks.

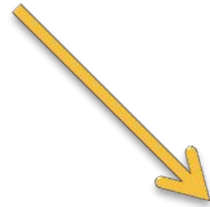
*After 72 hours
without sleep*



- ❖ Balance and muscle coordination had deteriorated.
- ❖ Mental vigilance had dropped.
- ❖ Heart, lungs and muscle strength were all fine.

In fact the body can do very well without sleep.

*If the body does not need sleep,
why do people feel so awful
when they are deprived of it?*



*The body may not
need sleep but
millions of years of
evolution have
programmed our
brains to sleep every
night of our lives,
and there is nothing
we can do about it.*

The daily cycle of activity is:

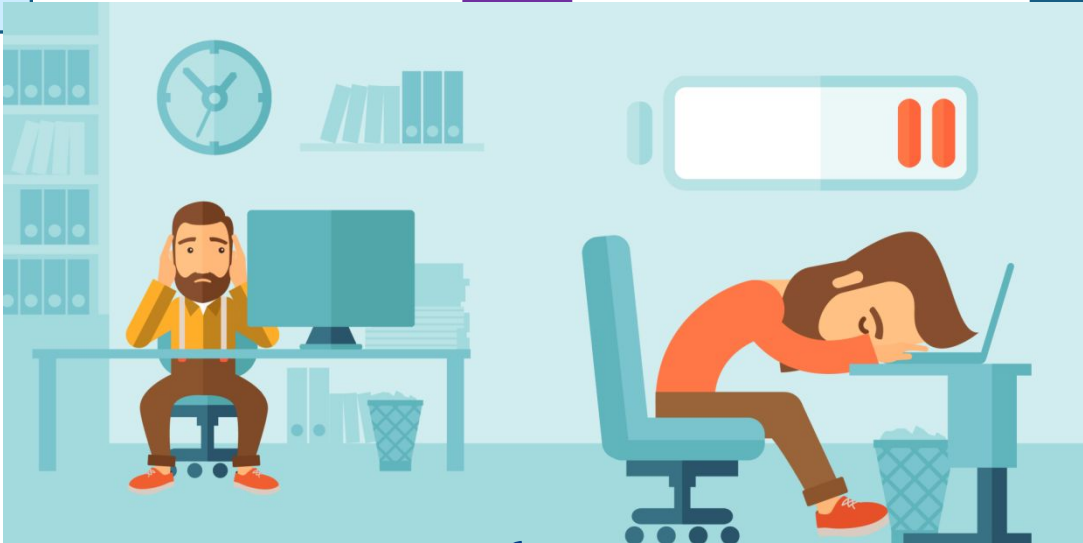
- of some 7-8 hours' sleep alternating with some 16-17 hours' wakefulness
- The sleep normally coincides with the hours of darkness.



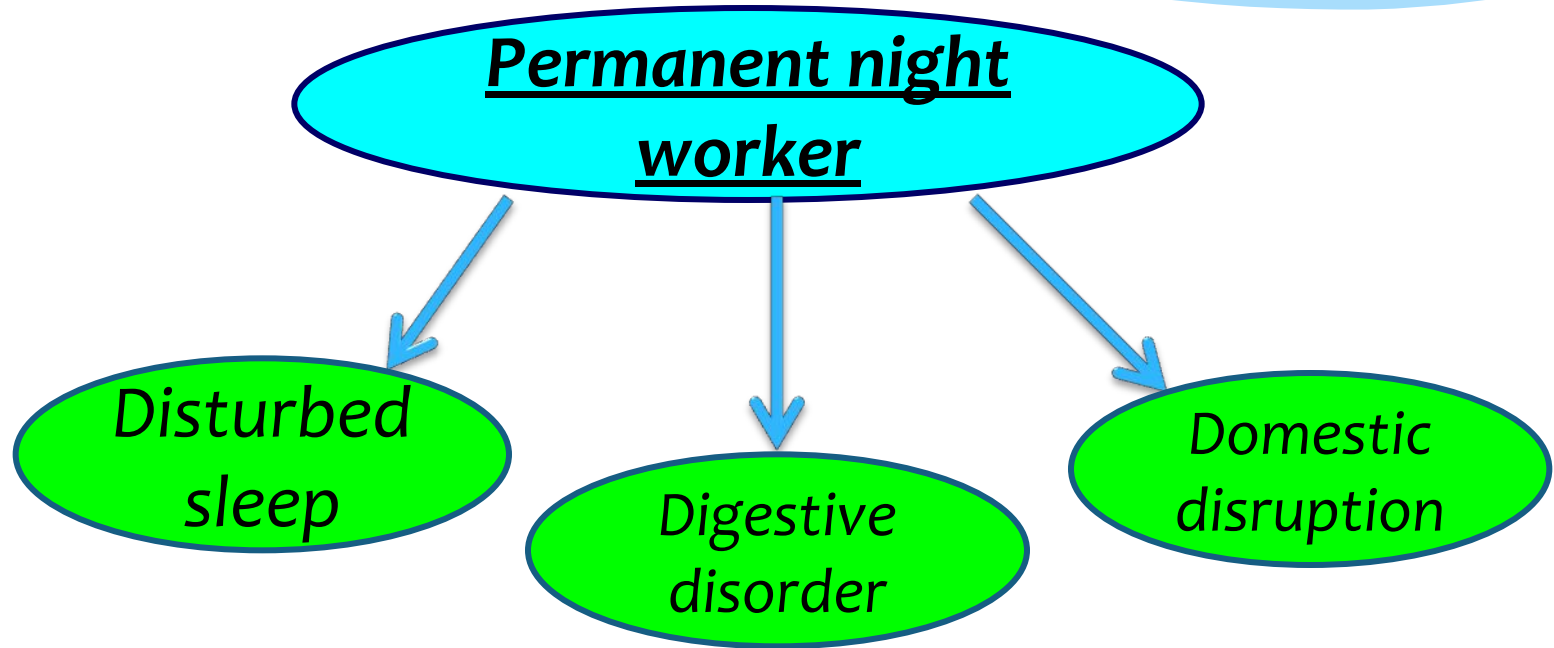
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It usually takes from five days to a week for a person to adapt to a reversed routine of sleep and wakefulness.

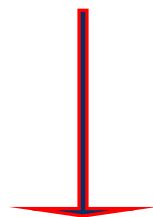
People will revert to their normal habits of sleep and wakefulness during the weekend.



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*People engaged in normal daytime work will have a **high temperature** during the hours of wakefulness and a **low one at night**.*



It can be seen how quickly a person can adapt to a reversed routine.



Thanks for your attention!!!