

Title:

Circadian Rhythms Disorders and Sleep Phase Syndrome

Word Count:

866

Summary:

Some people tend to sleep early and wake up early in the morning and some cannot sleep early a

Keywords:

Circadian rhythms disorders, jet lag, insomnia, sleep phase, sleep disorders, 24 hr cycle, sle

Article Body:

Sleep forms part of human's biological need to rest. As a person sleeps, the various physiolog

However, imagine a system so disrupted that our normal scheduling for sleeping and waking is t

These and other sleep-related problems are manifestations of a malfunctioning biological circa

24-hour vs. 25-hour cycle

Earth rotates around the sun in a 24-hour cycle, so as our body functions in this 24-hour time

Although humans externally operate under a 24-hour environment, research found that our body c

It shows that the human body closely behaves as if it were under a 25-hour environment. Convin

To compensate for this discrepancy, the body uses time ^cues~ to effectively counter-manage th

Dark vs. Light

Light and temperature provides the determining factor by which the body responds to the 24-hou

It was understood that the fundamental locus or location of our biological clock is the brain

In complex animals like humans, hypothalamus forms part of the autonomous nervous system, whic

Eyes, Light and SCN

One interesting point to make is that the location of SCN is just above the optic chiasma (cro

It is fitting to say that; the perception of light through the opening in the eyes triggers th

As retina (a portion of the eye where initial image of an object is stored) traps light rays,

This unique sensory impulse is carried along the optic fibers to the occipital lobe (rear part

Forms of Circadian Rhythms Syndrome/Disorders

Circadian Rhythm defects can come many distinct forms depending on the amount and timing of wa

People who tend to sleep at a later time of the day and wake up late as well are said to be ex

Still, other people, especially the elderly, are more likely to sleep early around 7:00 PM and

The amount of a substance called melatonin is also perceived as a motivating factor in sleep-r

This means more melatonin is secreted in the period of darkness and less in the presence of li

## Recommendations

With the knowledge gained in the preceding discussion, it can be assumed that the presence and

Keep your room as dark and gloomy as possible, to make it easy for you to sleep. Colorful obje

Studies show that as we sleep, our body temperature drops and allows the neurotransmitter mel

Keep those things in mind and do not forget to seek medical help should your condition progres

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