

Essay On Sleep Deprivation

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Sleep deprivation is often associated with the development of medical conditions, especially cardiovascular disease (CVD). As disturbance in sleep could cause deprivation and shorten one's sleep duration, it is often taken into account when carrying out related studies. Short-term sleep deprivation not only raises blood pressure and produces stress hormones, but also leads to irregular heartbeats [1]. These major risk factors are precursors to coronary disease. In this essay, I will summarize the findings of five studies in relation to [sleep](#) deprivation and the increased risk of CVD.

Westerlund et al. investigated sleep duration and insomnia symptoms in relation to incidental cardiovascular events among 41,192 adults. Results were collected through a 36-page questionnaire from which 4,031 events varying from heart failure to cardiovascular deaths were identified in a 13.2 years follow-up period [2]. While insomnia is essentially unrelated to the risk, it is found that short sleep has to be accompanied by sleep disturbance in order for cardiovascular events to occur. Evidence suggesting a modest positive association between short sleep duration and CVD, especially [myocardial infarction](#), was observed in individuals with frequent insomnia symptoms (hazard ratio of 1.42; 95% CI 1.15-1.76). However, the validity of the sleep habits is questioned as they were measured at baseline only and could have changed over

the years. The authors also referred to a similar study by Chandola et al. that reported that individuals with disturbed sleeps have an increased risk of death from CVD [3].

I chose this study because it has a large cohort which eliminates sample bias. High quality data could be obtained from this longitudinal epidemiological ...

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...CVD. Moreover, the objective methods in obtaining the required data were carefully planned and the results were tabulated clearly.

Based on the 5 studies above, a modest observation is seen between sleep deprivation and CVD. These study findings are of clinical importance as they suggest the probable usage of sleep duration as an additional risk marker for prevalence of CVD, regardless of ethnicity. Although implication of short sleep duration on CVD is consistent in various populations, it still differs within gender, age groups and race. Future research, using current studies as a framework, is needed to further prove the complex mechanisms underlying the causal relationship between sleep deprivation and CVD. Health authorities should also continuously promote the importance of adequate sleep as it is vital for better physical health and cognitive functioning.

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