

Forum:[Hack Forums](#)

Thread: [\[Samaritans\] What Is Sleep Deprivation?](#)

Haseo™ - July 26, 2019, 8:24 am

Product of Samaritans
Sleep Is Your Superpower

Written by Haseo™

What is sleep deprivation?

Sleep deprivation is something that happens when you don't get enough sleep to feel like you are able to function properly or are truly alert and awake. Depending on how much sleep is needed for you to not feel sleep deprived can vary depending on the person. How one deals with sleep deprivation is also quite different children and adults seem to suffer from being sleep deprived much more than the elderly.

Effects of sleep deprivation

- +Extreme sleepiness
- +Obesity
- +Emotional Instability
- +Slow response time/Poor performance

How can I tell if I am sleep deprived?

Well there are actually many symptoms to spot if you or someone else is sleep deprived, The list is below.

- +Fatigue
- +Yawning
- +Moodiness
- +Lack of motivation
- +Irritability
- +Depression

+Reduced sex drive

+Increased appetite

Not sleeping properly can drastically affect the way your body operates. Things such as regulating hormones in the body and releasing too much insulin which can cause diabetes and storing fat. This can cause your body weight to fluctuate in an unhealthy manner. Sleep allows the heart to heal and function properly. Serotonin is replenished when we sleep as well and if you do not get enough of this through sleep you will not function properly. Not sleeping properly can be very unhealthy and can have some rather negative effects on your health.

It is wise to get the recommended amount of sleep you possibly can to make sure your body is charged and ready for the new day. Relentless abuse of sleeping habits just isn't worth the detrimental effects that sleep deprivation can cause. So make sure you stay well hydrated and fed and get plenty of rest.

[Video: <https://www.youtube.com/watch?v=5MulMqhT8DM>]

Dr.BrokenGod - July 26, 2019, 1:41 pm

I hope you do not mind me adding few things or rather tips.

Most of us know we need 7-8 hours of sleep but that is also partially accurate. To get enough sleep and still feel like crap in the morning can happen if you wake up during the REM phase of your sleep. To avoid that best way is to set your sleeping in phases. Each phase of sleep takes around 90 minutes. So if you want to be rested try to sleep in intervals of 90 minutes. So if you go for a nap better to sleep for 1h 30 mins then just 30 minutes (ofc if 30 minutes is all you have better than nothing), from there try to have at least 5 phases of 90 mins which will amount to 7h 30 minutes.

If you have to wake up at 5 a.m. then try to fall asleep around 9:30 p.m. if you miss that time then stay awake till 11 p.m. and get only 4 cycles. That way you will not break your REM phase and will feel refreshed.

It takes time adjusting but after few days I guarantee you will feel better.

Haseo™ - July 26, 2019, 4:33 pm

(Jul 26, 2019 01:41 PM)Dr.BrokenGod Wrote: [\[CITE\]](#) I hope you do not mind me adding few things or rather tips.

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Nope I appreciate it, also very good information ^_^

Berk - July 27, 2019, 7:01 pm

Thanks for putting this out there. I feel that the importance of sleep isn't talked about as often as it should be.

stvndat - August 1, 2019, 12:42 pm

i been struggling to maintain good sleeping habits, all this stuff is true, really impacts your energy and mood during the daytime.

duplex - August 1, 2019, 12:46 pm

(Jul 26, 2019 04:33 PM)Haseo™ Wrote: [\[CITE\]](#) Nope I appreciate it, also very good information ^_^
Hi, what do you think the cause of sleeping a good 8 hours, then waking up with the ability to do stuff for an hour, then go back to sleep for like another 6 hours or so?
Is this a problem?

Haseo™ - August 1, 2019, 7:08 pm

(Aug 1, 2019 12:46 PM)duplex Wrote: [\[CITE\]](#) Hi, what do you think the cause of sleeping a good 8 hours, then waking up with the ability to do stuff for an hour, then go back to sleep for like another 6 hours or so?

Is this a problem?

Yes, it sounds like it could be a nutritional issue and/or dehydration problem, try to eat healthier and drink more water a day and this should help however will take a couple of days to get your body back on track.

MavenGradle - August 1, 2019, 7:13 pm

Hi, will you be writing a tutorial or informative description on how to sleep with someone else as well? I'm having some issues in that department. They snore too much. Is that bad?

(Aug 1, 2019 12:46 PM)duplex Wrote: [\[CITE\]](#) Hi, what do you think the cause of sleeping a good 8 hours, then waking up with the ability to do stuff for an hour, then go back to sleep for like another 6 hours or so?

Is this a problem?

You should see an actual fucking doctor instead of listening to nutritional advice from someone off the internet if this is real. Probably the neurology department.

Haseo™ - August 1, 2019, 8:01 pm

(Aug 1, 2019 07:13 PM)MavenGradle Wrote: [\[CITE\]](#) Hi, will you be writing a tutorial or informative description on how to sleep with someone else as well? I'm having some issues in that department. They snore too much. Is that bad?

You should see an actual fugging doctor instead of listening to nutritional advice from someone off the internet if this is real. Probably the neurology department.

What would be the point in making a thread like that? You would just be taking advice from someone off the internet.

Android 17 - August 1, 2019, 8:07 pm

Nice informative guide on sleep deprivation. I've suffered first hand from it and it can definitely throw your mind for a loop. Especially if you have any preexisting mental health issues beforehand.

Haseo™ - August 1, 2019, 11:24 pm

(Aug 1, 2019 08:07 PM)Android 17 Wrote: [\[CITE\]](#) Nice informative guide on sleep deprivation. I've suffered first hand from it and it can definitely throw your mind for a loop. Especially if you have any preexisting mental health issues beforehand.

Absolutely I'm sorry to hear you've experienced these issues, though to be fair, I think at some point or another we've all experienced it at some point.

Glad you liked it.

