

Lifestyle and Sleep Medicine

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Sleep is a naturally recurring state of mind characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles, and reduced interactions with surroundings. It is a very important stage of life that body detoxification occurs. Sleep is divided into two broad types: rapid eye movement (REM sleep) and non-rapid eye movement (NREM). The exact amount of sleep needed in people, is different and accurate determination of it, depends on the characteristics of the individual. More than 100 types of sleep disorders has been introduced, most important ones are insomnia, sleep apnea, narcolepsy, restless legs syndrome, circadian rhythm sleep disorders. Several factors, such as type of lifestyle, climate change, noise, temperature, humidity and atmospheric pressure, effect on the quality and quantity of sleep. Melatonin (sleep hormone) as an antioxidant, directly or indirectly fight with oxidative stress and cell death. Many studies have shown that sleep disorders have a direct relationship with the risk of some diseases such as diabetes and its complications. The most common methods for treating sleep disorders are medication and behavioral therapies plus lifestyle. In addition, traditional medicine is presented effective solutions for the treatment of sleep disorders.

Keywords: Stages of Sleep, Sleep Disorders, Sleep Schedule, Lifestyle, Body Detoxification in Sleep, Traditional Medicine, Diseases Associated with Sleep Disorders, Diabetes and its Complications.

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