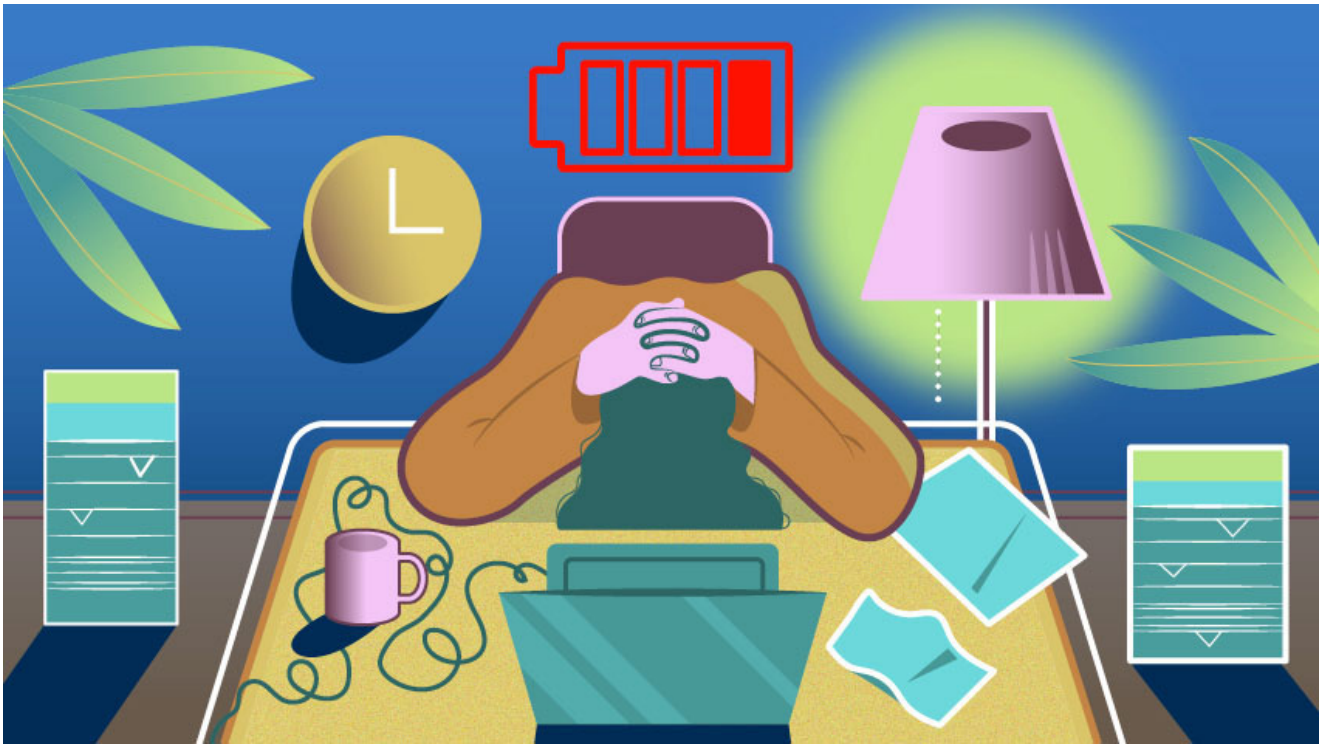
HEALTH & FITNESS

The 5 Stages of Sleep Deprivation & Tips to Better Your Sleep Quality

By bestfolkmedicine · 04/07/2022 · 3 min read



Humans need sleep to survive. Sleep is when our body repairs itself and major biological functions are takin place.

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Adults need between seven and eight hours of sleep every night. However, there are cases when external factors can disrupt our sleep quality.

When this happens and we don't get any sleep or little of it, we become sleep deprived.

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Having a short period of sleep deprivation isn't worrisome; however, prolonged sleep deprivation can mess up one's physical and mental health and well-being.

When we're chronically sleep deprived, we have a higher risk of inflammation, weaker immunity, and poor cognition. There are five sleep deprivation stages which are generally divided into 12- or 24-hour increments.

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The symptoms tend to worsen as one remains awake longer and longer.

The Five Stages of Sleep Deprivation Explained

Stage no. 1

After 24 hours

It's not uncommon to miss a day of sleep.

It doesn't cause any significant health issues; however, tiredness and feeling off will happen. The CDC notes that 24-hour sleep deprivation is like you have 0.10 percent of alcohol concentration in the blood.

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his is higher than the amount allowed to drive legally. Other symptoms in this stage are irritability, anger, drowsiness, brain fog, tiredness, tremors, a higher risk of stress, etc.

Stage no. 2

After 36 hours

Missing 36 hours of sleep causes more intense symptoms and the need for sleep is overwhelming. The person will begin to experience brief sleep periods without being aware.

At this point, the brain parts have difficulty communicating and this will result in symptoms like changes in behavior, slow reaction time, mistake making, poor memory, inability to learn new information, poor decision-making, etc.

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You”ll also have a bigger appetite and higher inflammation.

Stage no. 3

After 48 hours

Not sleeping for two days is also known as extreme deprivation of sleep.

This stage impedes one’s capacity to stay awake and you may also have plenty of microsleeps. Hallucinations may also take place, as well as higher anxiety, higher stress levels, severe tiredness, and irritability.

Stage no. 4

After 72 hours

After not sleeping for three hours, the need for sleep is huge. Longer and more frequent microsleeps may take place.

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This impedes one’s perception and makes the hallucinations complex. Other possible symptoms are delusions, illusions, depersonalization, etc.

Stage no. 5

After 96 hours or more

After losing four days of sleep, you’ll have distorted reality and the need for sleep is unbearable. When a person misses so much sleep that they can’t interpret reality, it’s known as sleep deprivation psychosis.

This condition goes away once the person gets the needed sleep and rest.

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How Long Does it Take to Recover from Sleep Deprivation?

By getting more sleep, you can recover from this condition.

Begin by going to bed early and don’t sleep in late. Try to get the recommended seven to eight hours of sleep per night to get the body back on track.

You may need days or weeks to recover from sleep deprivation. The longer you’ve been deprived, the longer will it take to get back on track.

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Important Sleep Tips

- **Get some natural light**

By exposing yourself to natural light, you balance the production of melatonin in the body, a sleep hormone.

This helps regulate the internal clock of the body.

- **Be physically active**

Exercising regularly helps you be more tired at night and ready for sleep.

Try to get at least 20 to 30 minutes of physical activity daily. Avoid exercising too late during the night because this can have a counter effect on your need for sleep.

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- **Avoid alcohol and caffeine later in the day**

When you consume too much caffeine and alcohol, especially at night, it can disrupt your body’s natural sleeping cycle.

Sources:

HEALTH LINE

THE MIND’S JOURNAL

Read online: https://bestfolkmedicine.com/2022/07/the-5-stages-of-sleep-deprivation-tips-to-better-your-sleep-quality/
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