

A deterioration in the reaction and not only: as a deprivation of sleep, our brain changes

It is known that the priority of quality sleep improves brain function. But how does it work and why sleep is so important for us?

During sleep, the brain is restored and rebooted. This also includes the removal of waste and toxins from it.

If you are not sleeping, then this can affect the brain of the brain in several ways. The prefrontal bark - the decision -making center, solving problems and control begins to work less effectively, concentration, cognitive flexibility, working memory worsen. It can be more difficult for you to emotionally perceive information, reason, you are worse assess the risks, your reaction rate worsens. All these are the consequences of a short -term lack of sleep.



BBC Science Focus

If you sleep too little regularly and lack of sleep becomes the norm, then more serious health problems may arise. For example, in a study by the US National Medical Library, it is noted that there is a connection between chronic lack of sleep and Alzheimer's disease. Even one night of deprivation can increase the number of dangerous proteins associated with this disease in the brain. According to estimates, according to one analysis, up to 15% of cases of Alzheimer's disease are associated with poor sleep.

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***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***