

Daytime Sleep and Its Effects on Health: An Examination of Sleep-Related Conditions

Tomoji Akira*

Department of Neurology, University of Health Sciences, Saitama, Japan

DESCRIPTION

Sleep is essential for human health and well-being, but the timing and patterns of sleep can significantly impact how restorative it is. While nighttime sleep is considered the most natural and beneficial, many people experience or require sleep during the daytime. This may be due to work schedules, health conditions, or lifestyle factors. However, sleeping during the day, especially in irregular patterns, can sometimes be linked to or exacerbate certain health problems and sleep disorders. In this article, we will explore why some people sleep during the day, the health conditions associated with daytime sleep, and how these disorders can be managed or prevented. Understanding the connection between sleep patterns and overall health is essential for maintaining well-being and preventing potential diseases.

Circadian rhythm and daytime sleep

The body's natural sleep-wake cycle, known as the circadian rhythm, is a 24 hour internal clock that governs when we feel awake and when we feel sleepy. Typically, this rhythm aligns with the day night cycle, making us alert during daylight hours and sleepy at night. Disruptions to this rhythm can lead to various health issues, particularly when daytime sleep becomes a routine necessity, rather than an occasional occurrence. However, while napping or sleeping during the day can be restorative for some, it is also linked to several health problems when done excessively or as a result of an underlying condition.

There are several reasons why people might need or choose to sleep during the day:

Shift work: Individuals who work night shifts often sleep during the day to accommodate their work schedules. This is common in healthcare, security, and transport industries.

Health conditions: Certain medical conditions can make people feel excessively tired during the day, necessitating daytime naps.

Poor nighttime sleep: Insomnia, sleep apnea, and other disorders can lead to poor-quality sleep at night, causing people to feel fatigued and seek rest during the day.

Health conditions and disorders linked

Narcolepsy: It is a chronic neurological disorder that affects the brain's ability to regulate sleep-wake cycles. People with narcolepsy experience Excessive Daytime Sleepiness (EDS) and may fall asleep suddenly, even during the day. These sleep attacks can occur at any time and in any situation, making daily life challenging. Narcolepsy is often accompanied by cataplexy, a sudden loss of muscle tone triggered by emotions like laughter or surprise. Narcolepsy is not caused by poor sleep hygiene or lifestyle habits. It is a lifelong condition that requires medical management, often through medications and lifestyle adjustments to improve alertness and reduce daytime sleep episodes.

Sleep apnea: It is a disorder in which breathing repeatedly stops and starts during sleep, leading to poor sleep quality and daytime fatigue. Obstructive Sleep Apnea (OSA), the most common form, occurs when the muscles in the throat relax excessively, causing temporary blockages of the airway. As a result, individuals with OSA often wake up multiple times during the night, although they may not always be conscious of it. The interrupted nighttime sleep leads to excessive daytime sleepiness, with many people feeling the need to nap during the day to compensate for their lost rest. Sleep apnea is a serious condition that can increase the risk of heart disease, high blood pressure, stroke, and diabetes if left untreated. Continuous Positive Airway Pressure (CPAP) therapy is often used to manage sleep apnea by keeping the airway open during sleep.

Circadian rhythm sleep disorders

Circadian rhythm sleep disorders occur when a person's internal clock is out of sync with the natural day-night cycle. One

Correspondence to: Tomoji Akira, Department of Neurology, University of Health Sciences, Saitama, Japan, E-mail: togh@akr.co.jp

Received: 31-Jul-2024, Manuscript No. JSJT-24-34446; **Editor assigned:** 02-Aug-2024, Pre QC No. JSJT-24-34446 (PQ); **Reviewed:** 16-Aug-2024, QC No. JSJT-24-34446; **Revised:** 23-Aug-2024, Manuscript No. JSJT-24-34446 (R); **Published:** 30-Aug-2024, DOI: 10.35248/2167-0277.24.13.575

Citation: Akira T (2024). Daytime Sleep and Its Effects on Health: An Examination of Sleep-Related Conditions J Sleep Disord Ther.13:575.

Copyright: © 2024 Akira T. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original author and source are credited.

common form is Shift Work Sleep Disorder (SWSD), which affects individuals who work night shifts or irregular hours. Because their work schedules conflict with the natural circadian rhythm, these individuals often struggle with insomnia at night and excessive sleepiness during the day. Another circadian rhythm disorder is Delayed Sleep Phase Syndrome (DSPS), where individuals have a delayed sleep-wake cycle, leading them to stay awake until late at night and sleep into the afternoon. DSPS can make it difficult to adhere to typical daytime schedules, resulting in excessive daytime sleep. Managing these disorders often involves adopting consistent sleep schedules, using light therapy to regulate the body's internal clock, and sometimes taking medications like melatonin to adjust the sleep cycle.

Risks of excessive daytime sleep

While occasional napping or short periods of daytime sleep can be beneficial, especially for individuals who did not get adequate rest at night, chronic daytime sleepiness can have negative health implications. Research suggests that excessive daytime sleep may be associated with:

Increased risk of cardiovascular diseases: Several studies have found a correlation between frequent daytime naps and an increased risk of heart disease, stroke, and high blood pressure.

Obesity and metabolic issues: Daytime sleep, particularly in individuals with sleep disorders, may be linked to weight gain, insulin resistance, and a higher risk of developing diabetes.

Cognitive decline: Excessive sleep during the day can be associated with cognitive problems, such as memory issues and slower reaction times, particularly in older adults.

Improving sleep hygiene to reduce daytime sleepiness

For those who struggle with excessive daytime sleepiness due to underlying conditions, it is important to seek medical advice for proper diagnosis and treatment. To reduce the need for daytime sleep, it's essential to focus on improving sleep hygiene, which includes adopting healthy sleep habits, such as:

- Maintaining a consistent sleep schedule, even on weekends
- Creating a restful sleep environment free of noise, light, and distractions
- Limiting screen time and stimulating activities before bed
- Avoiding heavy meals, caffeine, and alcohol close to bedtime

CONCLUSION

Daytime sleep is sometimes necessary due to lifestyle, work demands, or health conditions, but when it becomes excessive or frequent, it can signal underlying sleep disorders or health issues. Recognizing the signs of these disorders and addressing them through medical intervention and healthy sleep practices can improve overall well-being and reduce the need for daytime sleep. By maintaining a healthy sleep routine and seeking treatment when necessary, individuals can achieve better sleep quality and lead healthier, more productive lives.