

Some Problems of Sleep Cycle Disorder

A few situations of sleep cycle disorder are:

1. ***The puzzle: You were sleeping!! No, I was not!!***

We hear this argument from poor sleepers and their families all the time. When an individual spends more than 50% of nighttime in stage 2 of deep sleep and misses out entirely on stage 3 rejuvenating sleep, his/her perception is "I was not sleeping!!" However, those who were watching the individual observed that the individual was sleeping pretty well and was even snoring. Here neither party is wrong. It is the matter of disharmony of the sleep cycle- he is getting stage 2 deep sleep but not rejuvenating deep sleep of stage 3.

2. ***Sleeping late takes away the time from rejuvenating sleep.***

Most of stage 3 rejuvenating sleep occurs in the first half of the natural sleep night. The natural sleep night extends between 10 PM to 7 AM. The individuals who are habitually sleeping late miss out on the restful rejuvenating deep sleep. So they miss out on the time when the body rests, repairs, and rejuvenates itself physically and mentally.

3. ***Disorder of dream sleep.***

Dream (REM) sleep in a healthy sleep cycle should follow stages of deep sleep. When dream sleep comes early, it is not a good situation from the point of restful sleep. The time it takes to reach the dream (REM) stage from the sleep onset is called REM latency. A short REM latency occurs in individuals who are sleep deprived, depressed, or who have a rare condition called narcolepsy, which is a state of excessive daytime sleepiness.