The Critical Importance of Sleep

Michael Leach

Sleep is critical to human life.

Wakefulness is harmful; slumber is medicinal.

If one aged over 17 years gets less than the advised minimum of 7 hours of sleep per night, then one compromises cognitive function and runs rising risks of life-threatening conditions: dementias, cancers, cardiovascular diseases, physical injuries and more.

Sleep differs to food—it can’t be stored up for lean times or compensated for later.

Every moment of lost sleep is irreparably harmful.

Every time society saves or dissaves one hour of melatonin-suppressing daylight, the risks of cardiovascular diseases such as MI rise.

In the revised words of John Bongiovi Jr: sleep deprived while I’m alive & less time till I’m dead.

Sleep-deprived clinicians stay awake caring for patients whose sleep deprivation has contributed to critical conditions.

Experts urge everyone to carefully consider whether they need more sleep in their life.

Sleep on it.

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Author Details
MICHAEL LEACH, BPharm GradCertSc(Appl Stat) MBiostat PhD CHIA, Senior Lecturer (Education and Research), School of Rural Health, Monash University, PO Box 666, Bendigo, Victoria 3552, Australia.
CORRESPONDENCE: MICHAEL LEACH, School of Rural Health, Monash University, PO Box 666, Bendigo, Victoria 3552, Australia.
Email: michael.leach@monash.edu

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