Boffin Access

Open Access Journal | Volume: 1.1

Journal of Neuroscience and Neurosurgery

ISSN 2517-7400

At What Level Lifestyles Influences Sleep Disorders?

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Introduction

Insomnia, sleepwalking, nightmares; are manifestations of stressful events experienced or perceived as such during a given period of life [1-8]. Despite hormonal and behavioural disturbances that may also explain some of these disorders (e.g. behavioural insomnia, idiopathic insomnia, or insomnia related to a mental disorder), sleep disorders often have their origins in hygiene of inappropriate life to get a quality sleep and adequate duration. It is strongly correlated with living conditions that are dependent on or influenced by environmental psychobiological risk factors; through its indicators of socio-economic status and environmental stress [9-18]. Many studies have established a negative relationship between the presence of predisposing factors to metabolic diseases (such as stroke or cardiovascular disease) and cognitive impairment, accompanied by decreased attention, decreased reflexes engines and the ability to perform multiple tasks. There is evidence of the beneficial effect of living conditions including the effects of physical exercise on sleep quality, or diet on cognitive decline in general. It has been recently established that physical activity is a means of reducing stress and the process of cognitive dysfunction while good sleep quality and adequate sleep duration ensure perfect brain maturation and good neurocognitive function.

Food, physical activity, healthy lifestyle (sleep at regular times, avoid taking stimulants such as caffeine and nicotine, avoid watching TV continuously, do not play or expose yourself to the light of his tablet or his smartphone before sleeping, etc.) are markers of good living conditions. Sleep disorders are much less common with the young adult population (except for the presence of mental illnesses or predisposing factors mentioned above) or appear very late with the processes related to aging. Depending on socio-economic status, lifestyle, personal medical history and family, as well as the general physical condition of the individual; sleep disorders are at the origin or the result of the neurological disorder.

Conclusion

Many investigations should be made to understand genetic disorders, and hopefully their mechanisms are linked to a plenty of symptoms and diseases. Therapies and drugs resulting from their discovery will certainly changes the face of science and world of research.

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Article Information

DOI: 10.31021/jnn.20181101
Article Type: Short Communication
Journal Type: Open Access
Volume: 1 **Issue:** 1
Manuscript ID: JNN-1-101
Publisher: Boffin Access Limited

Received Date: 10 November 2017
Accepted Date: 10 December 2017
Published Date: 10 January 2018

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Citation: Hito MG, Okito N, Mitsu N, Schmidt BS. At What Level Lifestyles Influences Sleep Disorders? J Neurosci Neurosurg. 2018 Jan;1(1):101

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