



Sleep Hygiene Is the Basis of A Healthy Lifestyle

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Abstract: This article contains analytical information about sleep hygiene, which is considered one of the main factors of a healthy lifestyle.

Key words: Healthy body, sleep hygiene, reflex, somatotrope, hormone, pituitary gland.

Sleep is the most necessary reflex for the human body. As a result of sleep, the division of cells by mitosis accelerates, and this factor is of primary importance in the division and reproduction of cells in the human body, in the renewal of old cells, in the growth and development of cells, in the normal course of metabolism, in the renewal of old cells. earns. According to research conducted by scientists of the American Academy of Sleep, a person should sleep 7-9 hours a night in order to live a healthy lifestyle. On the contrary, as a result of sleeping less than 7-9 hours, the following physiological processes in the human body are disturbed:

- slow mitotic division of cells.
- low production of self-stimulating STG (growth hormone) produced by the anterior lobe of the pituitary gland.
- slow recovery of muscles in people who do sports, and the subsequent decrease in useful work coefficient.
- retardation of growth and development in children and adolescents.
- decrease of short and long-term memory in a person.
- lack of energy, as a result of which daily productivity decreases.
- reduction of the immune system.
- diseases related to nervous disorders, which are increasing today (stress, depression, insomnia, neurosis, memory problems and other diseases)

Disruption of the above-mentioned physiological processes occurs as a result of sleeping less than 7-9 hours in one day, this list can be supplemented with a number of other normal physiological processes. It is here that I consider it permissible to quote the following words of Davronbek Turdiyev, head of the Mnemosport Federation of Uzbekistan: "Sleep less, work less and get nothing." Today, according to statistical data, the majority of appeals given to doctors by parents are that their children are lagging behind their peers in growth and development. The main reason for this situation is that the child sleeps less than 7-9 hours a night. It is known that the hormone responsible for the growth and development of children and adolescents is the somatotrope hormone (STG) produced by the anterior lobe of the pituitary gland. It is the somatotrope (STG) hormone that is produced only during sleep, therefore, the importance of physiological 7-9 hours of sleep per night is incomparable for the growth and normal physical development of children and adolescents.

The human body is charged like a phone. This power is only obtained from sleep. A healthy lifestyle in the human body begins first of all with sleep hygiene. For many people, it seems surprising to read or hear such information, yes, sleep hygiene is one of the main factors of a healthy lifestyle, just like food hygiene and clothing hygiene. It is known that the hormone responsible for sleep in humans is the hormone "melatonin" produced in the inner part of the forehead. In addition, "melatonin" participates in the following tasks in the human body:



- to be responsible for starting the sleep rhythm.
- ensuring the normal functioning of the immune system.
- an antioxidant that protects against cancer.
- the main factor that ensures the normal production of somatotropic hormone.
- participates in providing the ideal part of memory, attention, concentration.

The time of production of "melatonin" in the human body is from 22:00 to 02:00 at night, so the first step to create sleep hygiene in a healthy lifestyle is to go to sleep from 22:00 or 23:00 at night.

Among the endocrine glands in the human body, the pineal gland is considered the most sensitive gland, and this gland stops the production of the hormone "melatonin" as a result of the slightest light and noise. Therefore, the second step to creating sleep hygiene in a healthy way of life is to cut off the connection between the bed and the phone. In addition to the above information, I can say that 64.2% of insomnia occurs due to phone users, and 31.7% of insomnia occurs due to other reasons. Today, sleep hygiene, developed by neurophysiologists, consists of:

- eat at least 1.5-2 hours before going to bed.
- not to eat hard-to-digest and high-calorie foods before going to bed.
- going to sleep from 22:00 or 23:00 at night.
- disconnecting the phone from the bed.

In conclusion, I wish people today had medical knowledge about their sleep and could protect it!

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