Dr. Matthew Bogard has published an informational article for those whose stress is severely affecting their sleep

Getting a good night's rest is vital to your health. Matthew Bogard, M.D. has published advice for those who are severely affected

OMAHA, NEBRASKA, UNITED STATES, January 6, 2019 /EINPresswire.com/ -- Sleep serves important functions for your health. If you don't sleep well, it does not only affect your performance the next day, it may have adverse long-term implications. The newest informational article by Matthew Bogard, MD is available on his blog at https://matthewbogardmd.blogspot.com/

Have you been suffering from sleep deprivation? If a person is under a lot of stress, it is normal for that to impact both the duration and quality of sleep. This can impact the mental and physical health of a person. A proper night's sleep of about 7 to 9 hours is recommended for every person, depending on age and other factors.

Today, about 40% of the adults in the US sleep less than 7 hours a night, as per the Centers for Disease Control and Prevention (CDC). And because of this, these people begin to suffer from lack of sleep which eventually results in both mental and physical health issues.

Effects of Sleep deprivation

Dr Matthew Bogard Omaha Nebraska

If a person is not getting enough sleep at night, this can negatively affect a person's mood, lower your energy, and create difficulty in concentrating. Lack of sleep also causes a general inability to function normally as a human should. And that is not all; sleep deprivation can have very severe consequences in a few situations. For example, if a person is operating heavy machinery or driving and falls asleep due to extreme fatigue, it can be deadly.

Getting just one night of poor sleep doesn't cause a lot of harm, but if it persists over time it increases the risk of many chronic health conditions. Those who keep sleep less than 7 hours every night are in danger of suffering from the following conditions:

• kidney disease
• arthritis
• depression
• Stroke
• diabetes
• heart disease

•Obesity

While there are many factors that cause any of these conditions, lack of sleep can independently contribute to their development.

The link between Sleep and Stress

There are a lot of negative connotations of stress, but it's known to be a response developed by animals and humans which permits them to easily deal with dangerous or crucial situations. When a human is stressed, the central nervous system releases hormones like cortisol and adrenaline. Due to these hormones, the heart rate is increased so that it can circulate blood much more efficiently to the muscles and the vital organs. In short, it helps the body to take a quick action when necessary.

This reaction that the CNS provides is called the fight-or-flight response. During the initial stages of evolution, this response was very important for human survival. Today, there are issues that do not need such a response, but the body still triggers the fight-or-flight response for issues that are not a threat to the person - such issues as relationship difficulties or problems at work.

Website of Dr Matt Bogard at matthewbogardmd

Blog of Dr Matt Bogard Iowa

Effects of Stress on the Body in the Long-Term

"
Occasionally, having a stressful feeling is normal, but the constant feeling stress is dangerous... if a person stays in such a state for a longer time, it can influence the mental and physical health"
Matthew Bogard, MD in Iowa & Nebraska

Occasionally, having a stressful feeling is normal, but the constant feeling stress is dangerous to the human body. This is because it can cause the CNS to sustain a heightened state of arousal which can last for extended periods. And if a person stays in such a state for a longer time, it can influence the mental and physical health in the long term. One of the effects of the stress is sleep deprivation.

This prolonged stress response makes sleep difficult. It can also cause anxious and unsettling thoughts to enter a person's mind at night. And this eventually leads to more insufficient sleep that then causes further stress.

How to reduce stress to improve sleep?

If you are a person suffering from stress or sleepless nights, it is important to reduce the stress.

This will improve the sleep that you get at night. But for this, you would need to change some things in your lifestyle.

#1 Meditation

This is something that nearly everyone knows about, and is the best technique to reduce stress. This is a relaxation routine that helps you to become more aware of your present moment. Its objective is to help the person recognize all the sensations, feelings, and thoughts that are taking place outside and inside the body without reacting to them. If a person takes the time to practice meditation for about 10 to 30 minutes before going to bed every day it will help them have a much better sleep and also reduce the stress levels.

#2 Exercise

Exercising is excellent treatment for many diseases; it is also great for stress and can help you get a much better sleep at night. It does wonders in improving the well-being, physical health and mental health of a person.
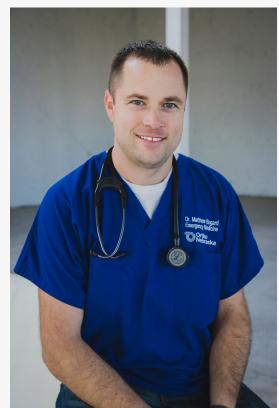
Other lifestyle changes

Changing the below things in your lifestyle can also help to reduce the stress and improve the sleep:

•Receiving support from family and friends.
•Avoid taking any work home or checking work emails at home.
•Reducing alcohol and caffeine intake.
•Adjusting to a healthy diet.

Even though reducing stress can be highly challenging, it is not impossible and does wonders for a person's health. - The complete article is available on the blog of Dr. Matthew Bogard at https://matthewbogardmd.blogspot.com/

Matthew Bogard MD Family Medicine

Matthew Bogard MD Omaha Nebraska

About Matthew Bogard, MD

Dr. Matt Bogard practices Emergency Medicine in Omaha, Nebraska. During his time at Nebraska

College of Medicine, he was selected to join the Advanced Rural Training Program, a four-year residency program that trains physicians to provide comprehensive full-spectrum medical care. During his residency, Dr. Bogard served on the Board of Directors of the Nebraska Academy of Family Physicians, was active with the Nebraska Medical Association, mentored multiple medical students and was honored by the Nebraska Legislature as "Family Physician of the Day." Matthew Bogard primarily practices Emergency Medicine.

Website: https://matthewbogardmd.com/
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Matthew Bogard, MD
Matthew Bogard, MD
+1 641-774-3000
email us here
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