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Analogies for Understanding Sleep Sleep is like charging a phone Just as your phone needs regular charging your body needs regular sleep to function optimally Sleep is like cleaning your house During sleep your body removes waste products and 3 repairs damaged cells Sleep is like organizing your computer During REM sleep your brain consolidates memories and processes information

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- 3 How can I address sleep disturbances related to shift work Maintaining a consistent sleep schedule on your days off creating a dark and quiet sleep environment using light therapy to regulate your circadian rhythm and possibly discussing medication options with your doctor can help mitigate shift work sleep disorder
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also be necessary 5 What are the longterm consequences of chronic sleep deprivation Chronic sleep deprivation significantly increases the risk of various health problems including obesity cardiovascular disease diabetes weakened immune function and mental health issues like depression and anxiety Prioritizing sleep is essential for overall longterm health 4

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