

High Two - Unit Five - Summary

Insomnia can have a significant impact. Some of the effects of insomnia are obvious, while others can be subtle and increase over time. Either way, it's important to address insomnia. For this purpose, in this reading, a radio conversation between Connie and Dr.Thrope, manager of the sleep disorders clinic, is prepared to talk about one of the most typical health problems among the people, insomnia!

Healthy sleep habits are vital to all aspects of life. Sleep helps us maintain our physical and mental well-being, which is an integral part of a healthy lifestyle. In addition to hurting one's health, a lack of sleep can present a severe risk to one's safety. Thus, Connie asked about the side effects and problems resulting from the improper amount of sleep.

Responding to this question, Dr.Thrope mentioned that sleep deprivation could result in an industrial disaster. Talking evidently, he referred to annual casualties related to accidents due to drowsiness, which is a costly problem for the government and citizens.

After this part, Connie asked for some useful advice to have a healthy life and absolutely proper sleep. Responding specifically to this question, Dr.Thrope mentioned that: "In the first step you should give up any bad habits such as smoking or alcohol consumption. It is well known that smokers suffer from poor quality sleep compared with a non-smoker. The reason for this lies in nicotine since it acts as a stimulant to keep you awake even when you are tired and need sleep."

He added, "Some home remedies can be useful too, like eating a banana or warm milk before sleep." We should never forget that working out can regulate our body, but it's not recommended to exercise within three hours of bedtime. It will make us so energetic and can induce insomnia.

In the end, Dr.Thrope recommended that for a subtle medical examination, one could spend a night at their sleep clinic, which enables them to monitor the body of the patient with electronic equipment.