# Excess of sleep: how dangerous is it?

Description: The main symptoms of excess in sleep. Why is it dangerous?

A good sleep is as important part of a healthy lifestyle as proper nutrition and sport. This point should always be taken into consideration, reflecting on the causes of poor health and mood or health problems, etc. It is necessary to control both the quality of sleep and its quantity. The optimal duration of sleep for an adult person is 7-9 hours.

There is a scientific term for "hypersomnia," which refers to a person's excessive sleep duration. This condition is characterized by a prolonged nighttime sleep (more than 9 hours) and drowsiness during the day. A violation occurs in relatively healthy people and is called psychophysiological hypersomnia or pathological hypersomnia (narcolepsy, neurotic disorders, posttraumatic hypersomnia, sleep apnea syndrome, and others).

Excessive length of sleep can be fraught with the development of diabetes. This was proved by a study conducted by American scientists on 9,000 people. The results were striking: the risk of developing diabetes increased by 50% in people who slept more than nine hours a day.

Check if you have symptoms of an overabundance of sleep!

## Symptoms

1. You lack energy, you feel tired.

This symptom is the same for both lack of sleep and excessive sleep. If during the day, you feel sluggish, you do not have enough energy and strength, often want to relax – these can be reasons to think whether you sleep too much. As you know, the regulators of sleep and wakefulness in our body are so-called circadian rhythms, which are a kind of "internal clock" of man. These "watches" signal you when it's time to sleep, and when you need to wake up. If you sleep too long, this mechanism gets lost, circadian rhythms are broken, and, accordingly, periods of vivacity and drowsiness appear. Therefore, you can feel depressed and tired, even if you only woke up a couple of hours ago.

1. You are prone to depression.

Intermittent as well as lack of sleep leads to a violation of the psycho-emotional background of a person, resulting in increased irritability, susceptibility to stress, and a tendency to depression. A person waking up for dinner or even later may have a feeling that life is passing by, and he or she is wasting time. This only exacerbates the depressive state. Studies have shown that among people with depression, approximately 15 percent sleep more than 9 hours a day. To break this vicious circle, adjust the amount of sleep.

1. You notice memory problems.

Not having slept one night long, you can note problems with memory and concentration of attention the next day. Here again, it is important to observe the measure, because the same effect can be obtained because of excessive amounts of sleep. This is explained by the fact that the brain of a person who systematically sleeps more than 9 hours starts to experience difficulties with transformation of data from short-term memory into long-term memory. Thus, the memory quality deteriorates substantially.

1. You are concerned about headaches.

Frequent headaches are the most common symptom of excessive sleep. If the head hurts during the day and/or in the morning, it is worth paying attention to your sleeping. Reduce its number and follow your state of health. Perhaps the problem was in excessive sleep. Scientists believe that the cause of this relationship may be the effect of spillage on serotonin, the lack of which causes headaches throughout the day.

1. You’ve started to gain weight.

While the body is asleep, it burns fewer calories than during the waking period. Also, disruption of circadian rhythms leads to an imbalance of the hormonal background and disturbances in metabolic processes. For a person, this turns into extra kilograms.

Use of tablets, such as **Soma** or **Ambien**, can lead to excess sleep. Always follow the dosage and be extremely careful!

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