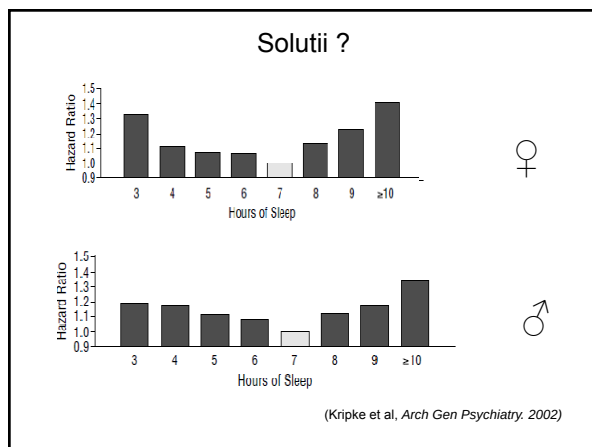


BRAIN AWARENESS WEEK
Get Connected

“Ticăiți”?

Atunci dormiți eficient!

Alexandra Constantinescu
Studenta, Facultatea de
Medicina, UMF “Carol Davila”

Solutii ?

SOMN EFICIENT



latenta
somnului



inertia
somnului

“siesta”

“Tell me why
I don't like Mondays
I want to shoot
The whole day down.” (The Boomtown Rats)

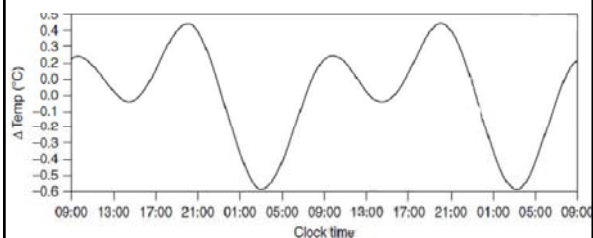
Leon Lack de la Universitatea Flinders University → studiu:

- Subiectii sa adoarma mai tarziu in weekend
- Sa se trezeasca mai tarziu cu 2 h
- analize saliva & hormoni
- ceasul biologic: intarziat cu 45 min ! → dereglare ritm circadian

Somnul de dupa-amiaza (siesta)



Siesta – parte a ritmului circadian



(Broughton RJ, Sleep Res Online, 1998)

Siesta - functii

Somnolenta

- predilectia de a adormi;
- temperatura corpului: biomarker

functie de trezire, stimulare, creste starea de alerta

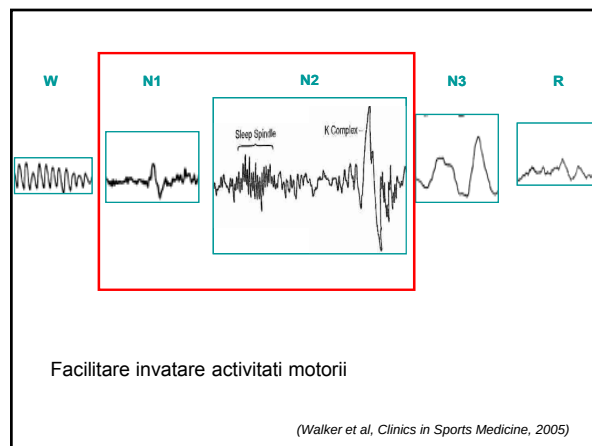
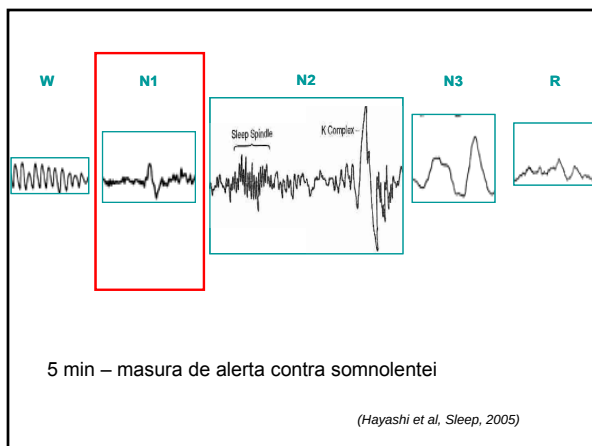
Oboseala

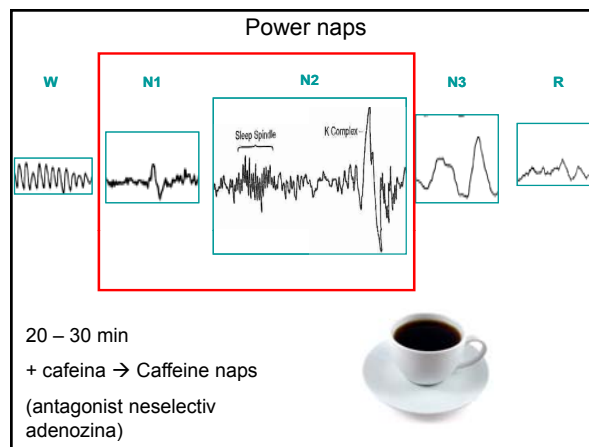
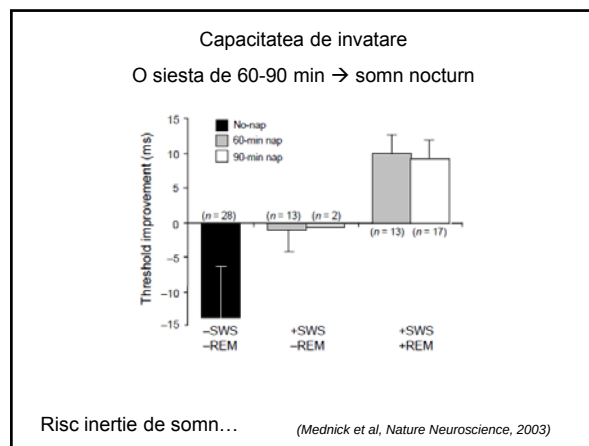
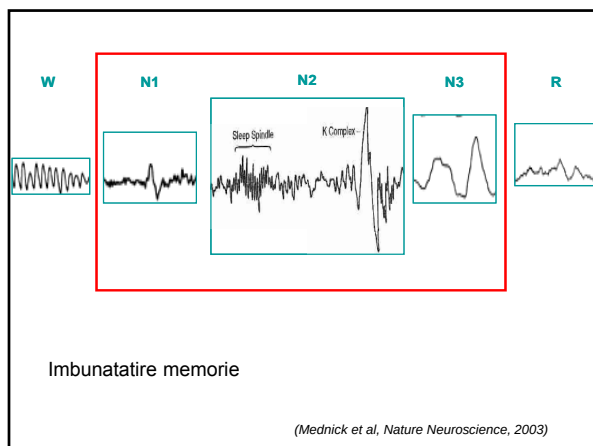
- Scaderea eficientei fizice si cognitive
- Nu are legatura cu predilectia de a dormi

crestere a performantei

Deprivarea de somn si siesta

- profilactica
- compensatorie
- operationala





- Strategie somn eficient
comprimare timp?
1. program de somn regulat
 2. revigorare prin somnul de dupa-amiaza
 - 60-90 min: inlocuim o noapte de somn
 - 23-30 min: antidot somnolenta

revigorare chiar si in absenta somnolentei

