

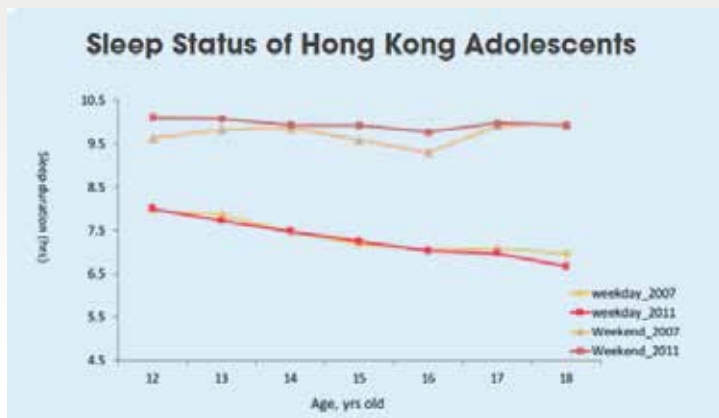


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INSOMNIA WEAKENS ANTIBODIES EASILY FALL ILL



A balanced diet, proper exercise, and healthy sleep each account for one-third of life, but sleep is an element of life that is often overlooked. Our sleep needs are influenced by both sleep drives and biological rhythms. Under the regulation of the biological clock, our brain regularly and repeatedly performs rhythmic behaviors such as eating, sleeping, and hormone secretion. But as long as we are awake, the brain keeps accumulating the need for sleep. The longer you stay awake, the stronger the drive to sleep and the more sleepy you feel.

In today's Hong Kong society, the common sleep problems of the general public are insufficient sleep,

poor sleep quality, irregular sleep, and late sleep. According to a 2012 Hong Kong poll, about 35 percent of adults get less than seven hours of sleep. According to two other surveys on sleep deprivation among Hong Kong youths in 2007 and 2011, more than 60 percent of youths in both years slept less than 8 hours, with an average of only 7.5 hours of sleep.

There is a close relationship between sleep and immunity. Once a person gets enough sleep, it can enhance the role of T cells in the body, create a memory for the immune system, and then enhance the protective effect of the vaccine. If the sleep time is short, the body can produce fewer antibodies. People with poor sleep quality and insufficient sleep time are more likely to get sick after exposure to the virus. People who sleep more efficiently are less likely to catch a cold.

However, if someone is temporarily sleep deprived or stays up late, and wants to catch up on the weekend, this sleep-catching behavior is not encouraged. Because this can cause the biological clock to be disturbed. When your biological clock is messed up, your brain's circadian rhythm is reversed, you sleep during the day on the weekends and get active at night, and you may have a harder time waking up on Monday morning, feeling like you're not getting enough sleep. If the situation lasts for more than 3 months, more than 3 times a week, it will gradually cause damage to the body's daytime function and become a vicious circle.

According to research, insomnia is a chronic problem in Hong Kong. Since 2003, a research team in Hong Kong has followed more than 1,200 families for 5 years and found that 15% of children, 44% of mothers, and 27% of fathers have persistent insomnia problems. Another Hong Kong survey conducted in 2016 showed that the insomnia rate of adolescents generally increased, while the insomnia rate of girls and boys increased by 4 times and 2 times respectively.

To better address these sleep problems, we encourage people to practice sleep hygiene, prepare for bedtime, and start slowing down their lives. 60 to 90 minutes before going to bed, start relaxing activities, avoid overthinking, avoid playing video games, watching horror movies, doing homework, rushing to work and other stimulating activities, and do not eat or drink before going to bed. Then, turn these bedtime preparations into good sleep habits to improve sleep quality and daytime focus.