

# Sweet Dreams and Serene Night



Human beings, as well as animals, need food and sleep for their well-being. Sleeping is necessary to keep an individual healthy, as is food. Scientifically, sleeping makes the brain rewire. On the other hand, sleeplessness causes mental and physical problems as well. Therefore, it is necessary to have a good night's sleep every day for a successful life.

Meanwhile, Google defines sleep as: "Sleep is important for storing memories. It also has a restorative function. Lack of sleep impairs reasoning, problem-solving, and attention to detail, among other effects. However, the mechanisms behind these sleep benefits have been unknown."

However, as a human being without any prejudice, it is essential to do a self-study about sleep to reach 'Self- Actualization.' We must experiment with our nervous systems and mental states to study sleep. According to science, when a person goes to sleep, the brain and body go to sleep. The mental state also gets rest. Then the person fully receives a form of integration. To reach this state, the individual must pass several brain wave levels. This is an old way of explaining brain function, but modern neuroscientists explain it as the changing of electrochemicals. According to the brain waves, there are five levels of functioning. Namely: Gamma, Beta, Alpha, Theta, and Delta.

When we do our day-to-day work with consciousness, the gamma waves are functioning. These waves operate with expanded and higher insight. They are called genius brain waves because they are characterized in the brain by hyperconcentration and focusing, self-awareness, and insight levels. It is experienced by monks and visionaries. The second wave is the beta level of the brain, in which an individual experiences alertness, concentration, and cognition. It's further explained as being associated with stress, anxiety, and fear. It's used for short-term memory and routine jobs. The third level of the brain is alpha, a state of gorgeousness. It gives us relaxation and creativity with visualization. It promotes long-term memory, mental coordination, and good health and focuses on light meditation. The brain focuses on deep sleep.

Theta (the fourth wave) is essential for restful sleep, as it is associated with intuition, memory, and reduced concentration. Deep meditation focuses on this level and reaches intuition and a spontaneous healing state in the human body. The fifth is Delta, the zero point of brain waves and deep sleep in the unconscious, physical relaxation, and 'no body awareness. Scientifically, it is common to all human beings. But there is unusual behavior among some people. Some cultivate good behavior for their well-being. They manage their daily routine well with good mental and physical health. So they get a good sleep. Because of restlessness, people who work hard or are mentally withdrawn cannot get enough sleep. Some of them make up their minds at this point by using various techniques such as reading, games, sports, running, yoga, meditation, and Tai chi. All those things make them change, according to some experts. Those sober methods change the brain system and chemicals for their well-being. But these activities are not instant or easy. Therefore, when some people get tired, they seek easy methods, like alcohol or drugs, for quick relief and a quiet night. They are easy, but ruin methods for a person. There are a few categories of alcohol and drugs, such as alcohol - (local arrack), wine, beer, and whiskey. Drugs - cannabis, cocaine, opium, heroin, codeine, and morphine. Stimulus - amphetamine and caffeine. Cigarettes - nicotine. Hallucination - LSD, MDMA. Hypnotic - librium and cough syrup are intoxicating.

Meanwhile, some alcohol research institutes, like: "Medical News Today, Ben Taub General Hospital, BBC Worklife, NIH-National Institute on Alcohol Abuse and Alcoholism, and WebMD" have experimented with alcohol disorder patients. Accordingly, some monthly newsletters I receive attend to deadly results in the

consumption of alcohol. Let us peruse some common ideas in their newsletters. 'Medical News Today' - newsletters explain why some people take alcohol. "How the brain stores fear may explain common mechanisms underlying anxiety and alcoholism. Their findings also shed light on the link between anxiety and alcohol use disorder." They prove it again, saying, "In addition, a 2019 'Study Trust Source' suggests that anxiety disorders can co-occur with alcohol use disorder (AUD)". This shows that people who used to take liquor suffer from fear or anxiety disorders. And what is the reason for this? They say, "Some people may be more prone to experiencing anxiety disorders or AUD, yet the reasons behind this aren't fully understood. Still, several factors may contribute to the development of these conditions." Therefore, if anyone examines these factors, they can understand how harmful they are to the human body.

Besides this mental side, there is another reason for the addiction to liquor. It is described by the BBC WORKFILE (October 2, 2022) as: "A complex combination of outside pressures and information overload is driving young people to snub alcohol, far more than generations before them. But there is some good news in the same story." But Gen Zers are taking it slow as they enter adulthood, either by not drinking at all or by drinking.

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First, they must understand the situation that they are facing. Get advice or counseling. Start self- activities. According to experts, one should do: exercise, cycling, gardening, reading, social interaction, social service, Tai Chi, Qi Gong, yoga, or pranayama to stay active.

