

LACK OF SLEEP: CAN IT HARM YOU?

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Did you know that lack of sleep can harm you?

“If you can’t sleep, then get up and do something instead of lying there and worrying. It’s the worry that gets you, not the loss of sleep.”

Lack of sleep is certainly not something to be taken lightly. At night, tossing and turning is normal, but continued pattern of this behaviour can cause real problems in your ability to function normally.

According to a study by the global leader in health technology, Royal Philips, entitled (Wake Up Call: Global Sleep Satisfaction Trends), shows that people around the world are getting less sleep, on average seven hours a night.

Not having an enough sleep at night can have terrible effects on your weight loss efforts and reduce your concentration. It also can be causing you to become disoriented on the job, fatigued behind the wheel of a car, or get annoyed at home. But more importantly, these mood swings can lead to depression.

Despite that, most people who naps around 3-5 p.m. tend to have their energy levels dropped. Most sleep counsellors suggest napping for no longer than 20 minutes, if you exceed that, it can make you feel weak and make it harder for you to fall asleep at bedtime.

In late November 2019, Taiwanese-Canadian model and actor, Godfrey Gao died at the age of 35 from sudden cardiac arrest during the shooting of a Chinese reality show *Chase Me*. He fell

and lost consciousness on set, after reportedly suffering from a flu and working for 17 hours straight.

Meanwhile, the chairman of the Department of Emergency Medicine at the National Taiwanese University Hospital, Fang Cheng Chung, had speculated that the sudden cardiac death experienced by Godfrey was likely caused by overworking and staying up late.

Obviously, such a lifestyle can bring to extreme stress and may result in an increase in stress hormones that can lead to high blood pressure, impaired blood flow, and impaired heart rate.

وَجَعَلْنَا نَوْمَكُمْ سُبَاتًا

Allah says: “And made your sleep [a means for] rest.” [An Naba: 9].

From this ayah, we know that sleep discontinues the motion at the end of the day. This is just another example of Mercy from Allah. Besides that, the rotation of day and night is mentioned many times in the Quran.

Islam also encourages people to sleep and wake up early because prayer times can affect a Muslims’ sleeping patterns. The Prophet Muhammad (PBUH) even urged his companions not to be active after the darkness (Isya’) prayer (approximately two hours after sunset).

Islamic prayers times were already scheduled according to the movement of the sun due to the tilt of the earth, its rotation and various latitudes of one’s location on earth. Because of that, the times for these obligatory prayers are not fixed and are influenced by the season and the location.

“Your future depends on your dreams, so go to sleep.”

