



# InShape NewsFlash

Health and Fitness News in a Flash

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## Late Nights

 OCTOBER 9, 2012 BY [TRICIA L. SNELL](#)    [LEAVE A COMMENT](#)

### INSHAPE NEWS OPINION



## Sigrid de Castella

*Sleeping beauty ain’t a late night kind of gal. And here’s why: Staying up late has some dangerous effects on the body. In fact, it’s much more serious than just feeling a little tired or groggy in the morning.*

Let me explain.

#### It’s Not Natural

For 500,000 years man, and woman for that matter, has lived a diurnal existence – waking with the sun and sleeping when it’s dark. This is our design by simple evolution. However with technological advancement we now have the option to change our life-style and choose instead to be nocturnal. But forcing the body to go against its natural design, places it under extreme stress and causes mental and physical changes in our body.

#### The Brain Drain

Most of us are aware that late nights can lead to sleep deprivation. Just ask a night shift worker or someone that suffers from a sleeping disorder. Not getting the necessary 8-hours of quality sleep that the body requires, to regenerate and recharge itself each night, leads to a reduction in brain and cognitive function. Dozens of studies have proven that there is a clear connection between a lack of sleep and reduced mental stability. When this happens, we experience reduced alertness, co-ordination, concentration, memory, and motivation.

#### Emotionally Charged

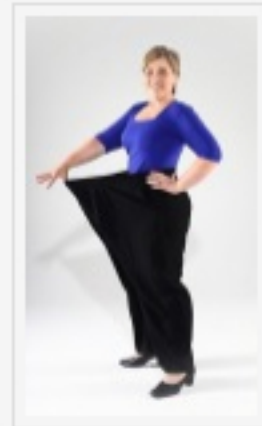
A 2007 joint study between Harvard Medical School and the University of California revealed that sleep deprivation causes a change in the brain where we are simply unable to put things into the proper perspective. As a result, we become more emotional and tend to over react to simple events, often blowing things out of proportion.

#### The Long Haul

Insufficient or irregular sleeping patterns also have far reaching effects on the body’s long-term equilibrium, this then produces stress and creates hormonal changes. This causes a cascading range of physical effects in the body that often leads to changes in body weight, a weakened immune system and high blood pressure, as well as premature aging and even sleep paralysis. Sleep deprivation can also lead to other illnesses. For example, a study conducted in 2001 by Chicago Medical Institute proposed that a continued lack of quality sleep could also be linked to diseases including stroke, heart disease, breast and prostate cancer, and mental illness including psychosis and bipolar disorder.

#### Bottom Line:

Sure, having the occasional late night every now and again won’t cause irreversible damage. But getting enough restful sleep each night is critical to maximising your health and vitality. And if you want to stay as youthful and beautiful as Sleeping Beauty then you need to stick to a regular *sleep schedule and see your doctor if you’re having trouble sleeping.*



*Sigrid de Castella is an internationally published author, speaker, and coach in the fields of health and business. Her book “[Half The Woman I Was](#) – How I lost 70kg naturally, reclaimed my life ... and how you can too!” has received international acclaim and has been hailed as the most comprehensive weight loss book on the market. Sigrid has also studied Personal Training with the Fitness Institute Australia and has a keen interest in whole food nutrition, natural therapies and all aspects of physical and mental health. Sigrid and holds a BBA from RMIT University and is a member of both the Australian Institute of Managers and the Australian Society of Authors.*



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