

Nowadays many people complain that they have ~~difficulties~~ difficulty getting enough sleep.

**What problems can lack of sleep cause?**

**What can be done about lack of sleep?**

In this day and age, it is claimed that individuals suffer from sleep deprivation more than their ancestors did. Many an underlying reason, which ~~are~~-by and large stem~~med~~ from the modern lifestyle, play a pivotal role in this problem. Yet, many steps could be taken by individuals to alleviate this situation.

According to experts, sleeping at least six to eight hours is of paramount significance for individuals' health and inadequate sleep can adversely affects their well-beings on several grounds. To start with, a sleeping body consumes less energy in comparison with one that is awake/an awake one, thereby recovering itself and boosting its energy level. It is claimed that our brain uses the sleeping hours to organize~~d~~ the received data and eliminate some in order to increase its productivity. Those who sleep insufficient hours encounter instances of mental problems such as attention deficit disorder and decision-making impairment. In addition, sleepless nights are usually unbearable for individuals since they suffer from thinking negatively about their worries and fears while tossing and turning which could increase their stress level. Furthermore, the tiredness will bring them to their knees in the following day and deprived~~d~~ them of leading an active lifestyle.

However, many a measure could be taken to tackle the sleeping problems. First and ~~the~~-foremost, since stress is a contributing factor in insomnia, it is widely suggested that people take part in counselling sessions with a therapist, taking pills or meditate in order to put their mind at ease. Secondly, staying abreast of all news around the world by using social media, individuals bombard~~ed~~ themselves with an avalanche of information which could occasion them sleepless, hence the importance of diminishing following news specially an hour before going to bed. Finally, working out is a pragmatic solution to combat insomnia. Not only do~~es~~ exercises help people to relieve their stress, but also it makes them more physically exhausted, thereby sleeping soundly during nights.

In conclusion, sleep deprivation would adversely affect people's health but there are many ways to increase the chances of having a peaceful and sufficient sleep.