IS IT A GOOD NIGHT?

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Abstract:

Sleeps plays an important role in health, well-being throughout everyone’s life. During sleep our body is working to support healthy brain function, relax and for development. The sleep pattern also drops an effect on individual’s nature- how you think, read, react, solving problem, carrying out work, controlling your emotions and behavior and many more. Not watching news before you going to sleep, don’t consume negative information. Cut off time not only just from work but also from the negative content, because the mind needs time to finish off the visuals and all the information before you go to sleep, when you go to sleep then all those information’s and visuals go deep into the subconscious. If we want to maintain our emotional health, we need to balance our emotional diet, which is the things we watch, read and listen, like social media, books, tv, magazines, newspaper. So, if I need to built my emotional health, I need to check my emotional diet. It’s not about how much time we are consuming on the particular medium, it’s about what we are taking from that particular medium. We need to gradually decrease the content we are absorbing before going to sleep so that our minds get silence. If everybody silences their mind and then goes to sleep, in the morning they will be happy and they will be healthy. The person will wake up at the time they needed to be wake up, without an alarm, because the person rested well. Council yourself, change the traffic of your mind. Don’t entangle you mind with negative thoughts, maintain emotional distance by spreading positivity to others.

Introduction:

A good sleep is required for the body, the quality of the sleep is missing. Today a vast majority of people are not able to sleep well. It’s not like all of them are taking sleeping pills or alcohol in order to sleep, there are many people who use such substances to get sleep but majority fall asleep without such substances that is all right, but who sleeps? This question I have to ask myself and there is a simpler way to answer this question. when we wake up in the morning with help of the alarm or if we wake up naturally how fresh do, we feel? Do we wish to sleep for 10 more minutes? Do we feel like snoozing the alarm and get back to sleep? Because of however long we sleep, 5-6 hours or more than that. Two things need rest. The first is the Mind and the second is the Body. They both need to recharge for the next morning, our body will fully rest and recharge and so will our mind. When we go to sleep, we create a lot of emotions, reactions, turbulence in the whole day, we also even created negative energies in the environment, they even get back to us and the mind is thinking of so many things and then in night before sleeping we watch news or a serial on television, or maybe we read a novel or may be thriller. Which means the last information that we are putting in our minds, is turbulent. Even news is not good also the shows in television shows is not always right. It’s either talking about jealousy, betrayal. A lot of them have elements of revenge, hatred and anger. After watching them or reading such novels apart from them, the mind has already seen a lot of such scenes during the day. It goes through a lot of scenes that we create in our minds, also a lot of scenes happening around me and then to stamp it all lot of scenes in the name of entertainment in the night. Now this is my relaxation time, as the last information of the day, we took in these scenes and slept. It is just like that we are driving a car in 5th gear (that is the mind) in fast speed and we left it in the 5th gear itself and slept. We didn’t slow down. Now, after 6 hours of sleep when we wake up the body is relaxed now, it got rejuvenated during the sleep. But my mind, the whole night remained in those thoughts because we didn’t slow it down. And slowing down does not mean stopping thinking. It means all the issues that we had created during the day, did we resolve them? Did we sort out them? Did we answer the mind or slept off
with the questions? Hatred and anger. So, mind keeps going on during night as well. And then we wake up in the morning, we won’t feel fresh and woke up irritated.

**Our behavior dependent on our sleep?**

Today, the morning scene of any house has completely changed. A fight begins over a cup of tea. Earlier, people used to play devotional songs, light incandescent sticks. House would be peaceful. Today, we wake up late over that the mood is not good, so we need a cup of tea to get back the mood. Now, we continue to use our mind which is already in a tired state for another 15-16 hours and then again, we don’t sleep properly in the night and then again, we use our mind the next day. This has been going so far for years. Today, you will find many people who can fall asleep even as they are sitting. We see that in so many public programs. When it is morning, people have just woken after sleeping for 7 hours and they do sleep in the programs, workplace, movie theaters, meeting in offices. Why? Because they are sleep deprived. They feel that they sleep well at night. Their body slept; their mind is not sleeping at night. And if it repeats for day, months or even years. How will our behavior be, without getting proper sleep?

**Situations affecting the mind?**

The state of our mind should not fluctuate. The majority of the time we spend at our work and also the situation for the day sometimes doesn’t react as per our choices. Because we have to do the business and the question arises that, is our mind attached to our business? so our mind fluctuates different thoughts in a day as per the situation. Is our mind attached to our business? if the answer is yes, that means that we are saying that business affects our mind. And the other is- Our mind affects the business. That situation affects the state of our mind? Or the state of our mind affects the situation? that is the game we play every day. The more we let the situation affect our minds and neither this happened in a day nor in one situation. This has been going on since years and in different situations.

**Lifestyle**

Gone is the era for hobbies, singing, painting, drawing, dancing, all this is finishing off because we don’t have time for such activities that is why our minds are not getting time to relax. Also cutting off from that doesn’t mean sitting next to tv and on the phone or on the social media. Keep time for yourself in the morning so that you can start your day with calmness and stability and not on hurried note, this can’t be the energy of the morning. We can’t keep our minds scattered. It is not just to do work instead it is how we are doing the work.

**Energies collaborating for dreams**

Over 90% of the dream is just unfulfilled desire. As people don’t have control over their desire. All of the things can’t be fulfilled in the life, but it needs to be worked out. because once a person has desired something, a certain amount of time and energy is being invested in that direction. The person may not be conscious but every time, all are scattering energies and mind is going on with meaningless numerous thoughts.

**Subconscious never sleeps**

Every person experiences a lot during a day. when a person is awake, their brain is so busy taking in everything they see, hear and feel i.e., a person’s emotional diet. So, the brain gets very little time to actually process and then categorize the stored information. When a person is asleep, the brain finally gets time to sort the collected data. As there is also evidence that the brain becomes more stimulated when it has to deal with the new experiences, regardless of the point that it is good or bad. The conscious mind of every individual relaxes when they are asleep, but the subconscious never sleeps, when a person asleep, the subconscious is where all that dreaming takes place. The processing done by subconscious mind throughout the day of the thoughts and concerns generate dreams. Dreams speaks the language of the subconscious mind that is the language of images, symbols and other metaphors that the conscious mind has a hard time grasping. The dreams don’t come from anywhere, they come right from once own, personal experiences.
Conclusion:

Dreams are the images and stories that one’s mind creates while sleep. A person needs to channelize their sleep pattern. The number of hours a person is sleeping and also the thoughts that a person energizes in a day, that eventually forms the kind of sleep a person’s get and wake up in different mood. This is a vicious cycle of reflection of thoughts that we generate in a day to possess our dreams. They can be entertaining, fun, romantic, horror, disturbing. Good sleep can maximize problem-solving skills and enhance memory. Poor sleep has been shown to impair brain function. Longer sleep has been shown to improve many aspects of athletic and physical performance.

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