

UYKUNUN ŞİFRESİ

Hafif Orta Düzey Uyku Sorunları İçin Bir Rehber

Yücel ŞAVKLI



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ÖNSÖZ

Uyku hayatımızın neredeyse üçte birlik bir kısmını kapsayan ve diğer tüm alanlarda da bizi; daha pozitif, daha verimli ve daha işlevsel bir hale getiren bir hayati ihtiyaçtır. Yeterli veya kaliteli bir uyku uyuyamayan insanlar hayatının her alanında olumsuz etkiler görebileceği gibi alınacak önlemlerle de bu uyku düzeninin sağlanmış olması durumunda hayatındaki birçok alandaki işlevselliğin ve verimliliğin büyük ölçüde artacağını söylemek fazlasıyla mümkündür.

Burada öncelikle uykuyu tanıma, uyku bozukluklarını tanıma ve ayırt edebilme beraberinde bireysel olarak uygulanabilecek uyku hijyeni adımları ile hafif, orta düzey uyku sorunlarını çözebilmek bu kitabın çıkış noktası olmuştur. Ayrıca yine önleyici işlevi ile oluşabilecek birçok uyku sorununun da daha olmadan önüne geçebilmek de amaçlanmaktadır.

Özetle uyku üzerinde hassasiyetle durulması gereken bir olgu olduğu ortadadır. Bu kitapta okuyuculara bu konuyla ilgili hem bireysel hem de toplumsal bilincimizin yükseltilmesini hedefleyen bu konuda size rehberlik edecek bir yapıtı ortaya koymak hedeflenmiştir. İçeriğinde her okuyucunun kendisi için bir şeyler bulabileceği düzenli ve kaliteli uyku için uygulanabilecek birçok metod, egzersiz ve öneri sizlere sunulmuştur. Bunların bilimsel araştırma verileri ile desteklenmiş olması uyku olgusunun birçok yönü ile açıklanması ve alternatif çok sayıda uyku hijyeni önerilerinin olması, hem durumu kavrama hem de seçenekler arasında kendiniz için en ideal yöntemleri seçme ve uygulama imkanı tanımaktadır.

Hayatınıza pozitif katkılar sunması dileğiyle...

Yücel ŞAVKLI
Uzman Klinik Psikolog

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Bölüm 1

1. Uyku Nedir?

1.1. Uykunun Değerlendirilmesi

En basit tanımı ile uyku; 5 duyu organımızın dış uyaranlara karşı tepkisinin yüksek düzeyde veya tamamen kaybolduğu, tüm organlarımızın ve beynimizin işlevlerinin yavaşladığı ve yeni gün için hazırlandığı bir bilinçsizlik halidir. Uyku kalitesi, geceleri alınan uyku miktarıyla açıkça tanımlanan uyku süresinin aksine farklı şekillerde tanımlanabilir. Polisomnografi gibi objektif uyku ölçümleri kullanılarak, uyku kalitesi kişinin gece aldığı yavaş dalga uykusu (YDU) ve hızlı göz hareketi (REM) uykusu ile karakterize edilebilir. Bu 2 uyku aşaması, gece ilerledikçe daha uzun süreler boyunca gerçekleşir (Golem ve ark., 2014). YDU derin uykudur ve onarıcı bir işleve sahiptir (Dijk, 2009). Bunun yanı sıra hem REM hem de YDU bellek bütünleşmesine yönelik işleve sahiptir (Golem ve ark., 2014). Polisomnografi ve aktigrafi kullanarak, uyku kalitesi uyku verimliliği veya yatakta uyurken geçirilen süre ve ayrıca uykuya başlama gecikmesi, geceleri uykuya dalmak için geçen süre ile tanımlanabilir. Bir tür uyku çalışması (uyku testi) olan polisomnografi, uyku çalışmasında ve uyku tıbbında tanı aracı olarak kullanılan parametrik bir testtir. Test sonucu, PSG olarak da adlandırılan bir polisomnogram olarak adlandırılır. Polisomnografi, uyku sırasında fizyolojik değerlendirme için kullanılan yöntemi ifade eder. Bir polisomnogram (PSG), uyku bozukluklarının altında yatan nedenleri

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