

**BRAIN AWARENESS WEEK**  
Get Connected

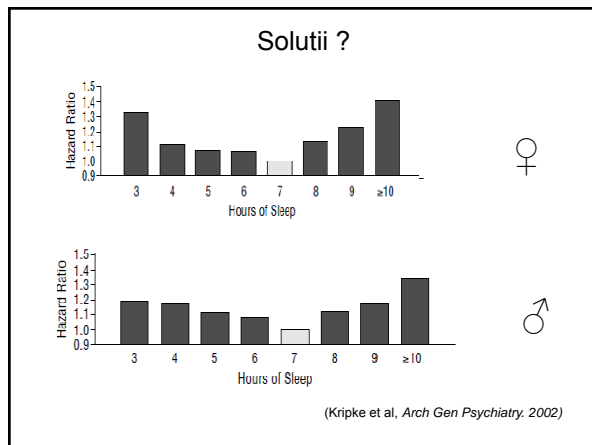
## “Ticăiți”?

### Atunci dormiți eficient!

Alexandra Constantinescu  
Studenta, Facultatea de  
Medicina, UMF “Carol Davila”





## OPEN 24 HOURS

### Solutii ?

## SOMN EFICIENT



latent somnolence

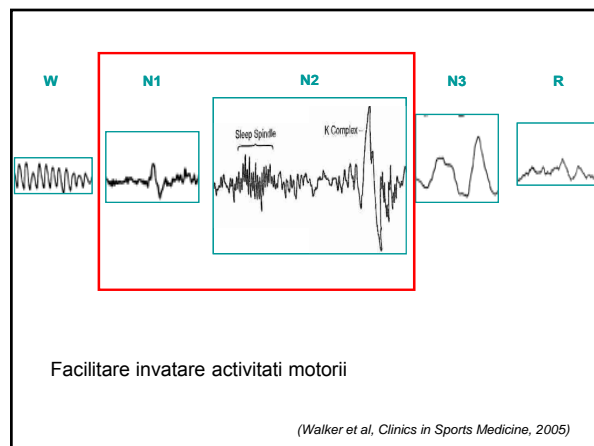
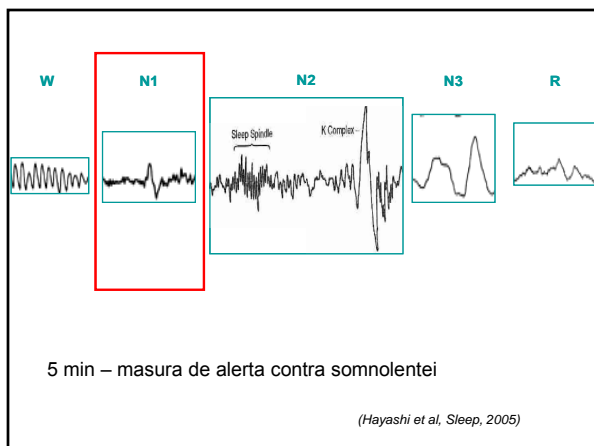
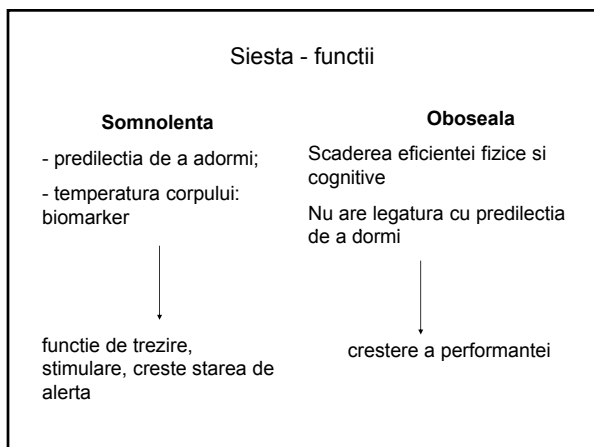
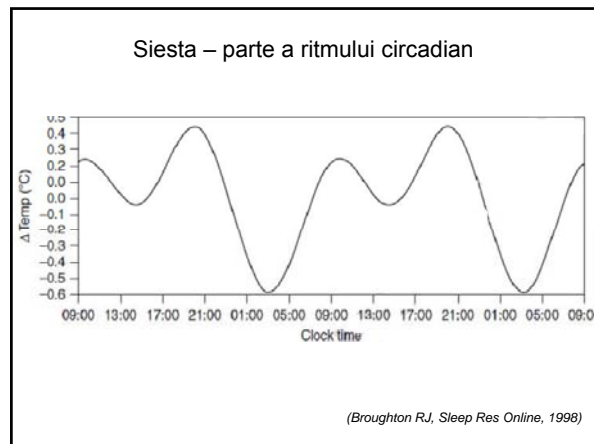
inertia somnolence

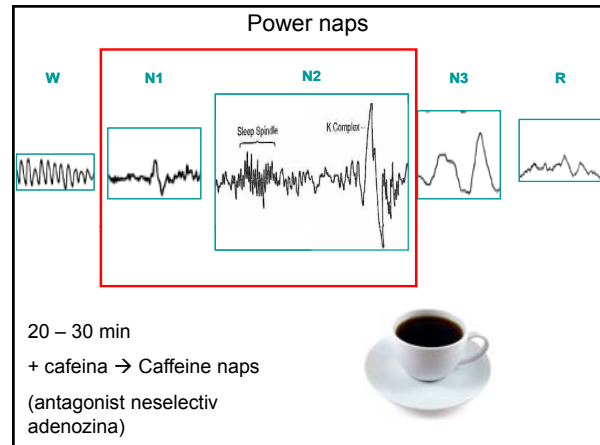
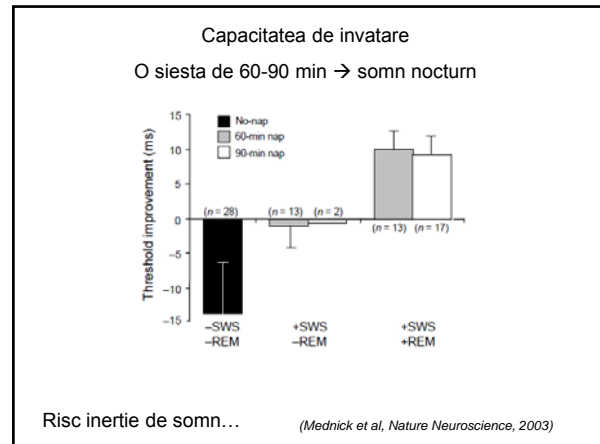
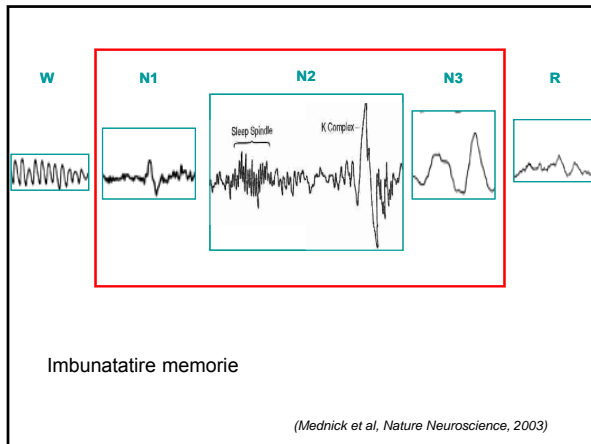
“siesta”

*“Tell me why  
I don't like Mondays  
I want to shoot  
The whole day down.” (The Boomtown Rats )*

Leon Lack de la Universitatea Flinders University → studiu:

- Subiectii sa adoarma mai tarziu in weekend
- Sa se trezeasca mai tarziu cu 2 h
- analize saliva & hormoni
- ceasul biologic: intarziat cu 45 min ! → dereglare ritm circadian





Strategie somn eficient  
comprimare timp?

1. program de somn regulat
2. revigorare prin somnul de dupa-amiaza
  - 60-90 min: inlocuim o noapte de somn
  - 23-30 min: antidot somnolenta  
revigorare chiar si in absenta somnolentei

