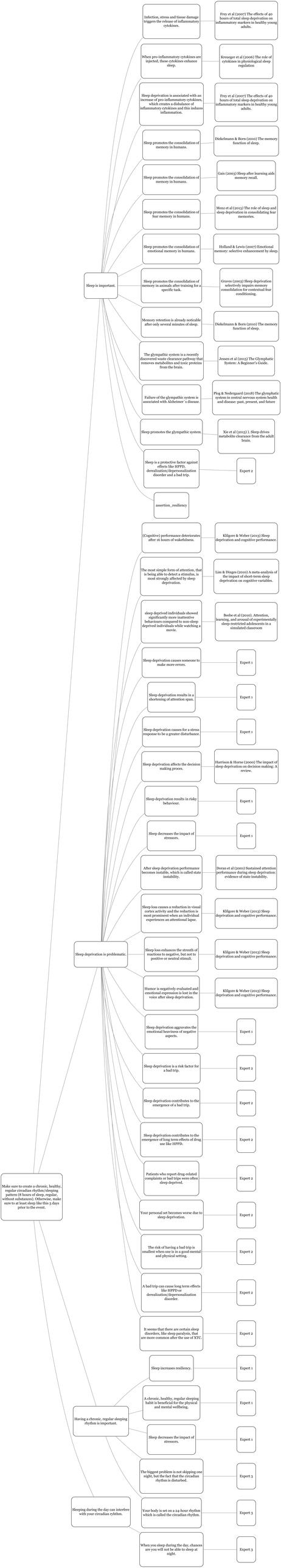
Make sure to create a chronic, healthy, regular circadian rhythm/sleeping pattern (8 hours of sleep, regular, without substances). Otherwise, make sure to at least sleep like this 3 days prior to the event.
Sleep is important.
Infection, stress and tissue damage triggers the release of inflammatory cytokines.
Frey et al (2007) The effects of 40 hours of total sleep deprivation on inflammatory markers in healthy young adults.
When pro-inflammatory cytokines are injected, these cytokines enhance sleep.
Krenager et al (2006) The role of cytokines in physiological sleep regulation
Sleep deprivation is associated with an increase of pro-inflammatory cytokines, which creates a disbalance of inflammatory cytokines and this induces inflammation.
Frey et al (2007) The effects of 40 hours of total sleep deprivation on inflammatory markers in healthy young adults.
Sleep promotes the consolidation of memory in humans.
Diekelmann & Born (2010) The memory function of sleep.
Sleep promotes the consolidation of memory in humans.
Gais (2003) Sleep after learning aids memory recall.
Sleep promotes the consolidation of fear memory in humans.
Menz et al (2013) The role of sleep and sleep deprivation in consolidating fear memories.
Sleep promotes the consolidation of emotional memory in humans.
Holland & Lewis (2007) Emotional memory: selective enhancement by sleep.
Sleep promotes the consolidation of memory in animals after training for a specific task.
Graves (2003) Sleep deprivation selectively impairs memory consolidation for contextual fear conditioning.
Memory retention is already noticable after only several minutes of sleep.
Diekelmann & Born (2010) The memory function of sleep.
The glympathic system is a recently discovered waste clearance pathway that removes metabolites and toxic proteins from the brain.
Jessen et al (2015) The Glymphatic System: A Beginner's Guide.
Failure of the glympathic system is associated with Alzheimer´s disease.
Plog & Nedergaard (2018) The glymphatic system in central nervous system health and disease: past, present, and future
Sleep promotes the glympathic system.
Xie et al (2013) ). Sleep drives metabolite clearance from the adult brain.
Sleep is a protective factor against effects like HPPD, derealization/depersonalization disorder and a bad trip.
Expert 2
assertion_resiliency
Sleep deprivation is problematic.
(Cognitive) performance deteriorates after 16 hours of wakefulness.
Kilgore & Weber (2013) Sleep deprivation and cognitive performance.
The most simple form of attention, that is being able to detect a stimulus, is most strongly affected by sleep deprivation.
Lim & Dinges (2010) A meta-analysis of the impact of short-term sleep deprivation on cognitive variables.
sleep deprived individuals showed significantly more inattentive behaviours compared to non-sleep deprived individuals while watching a movie.
Beebe et al (2010). Attention, learning, and arousal of experimentally sleep-restricted adolescents in a simulated classroom
Sleep deprivation causes someone to make more errors.
Expert 1
Sleep deprivation results in a shortening of attention span.
Expert 1
Sleep deprivation causes for a stress response to be a greater disturbance.
Expert 1
Sleep deprivation affects the decision making proces.
Harrison & Horne (2000) The impact of sleep-deprivation on decision making: A review.
Sleep deprivation results in risky behaviour.
Expert 1
Sleep decreases the impact of stressors.
Expert 1
After sleep deprivation performance becomes instable, which is called state instability.
Doran et al (2001) Sustained attention performance during sleep deprivation: evidence of state instability.
Sleep loss causes a reduction in visual cortex activity and the reduction is most prominent when an individual experiences an attentional lapse.
Kilgore & Weber (2013) Sleep deprivation and cognitive performance.
Sleep loss enhances the strenth of reactions to negative, but not to positive or neutral stimuli.
Kilgore & Weber (2013) Sleep deprivation and cognitive performance.
Humor is negatively evaluated and emotional expression is lost in the voice after sleep deprivation.
Kilgore & Weber (2013) Sleep deprivation and cognitive performance.
Sleep deprivation aggravates the emotional heaviness of negative aspects.
Expert 1
Sleep deprivation is a risk factor for a bad trip.
Expert 2
Sleep deprivation contributes to the emergence of a bad trip.
Expert 2
Sleep deprivation contributes to the emergence of long term effects of drug use like HPPD.
Expert 2
Patients who report drug-related complaints or bad trips were often sleep deprived.
Expert 2
Your personal set becomes worse due to sleep deprivation.
Expert 2
The risk of having a bad trip is smallest when one is in a good mental and physical setting.
Expert 2
A bad trip can cause long term effects like HPPD or derealization/depersonalization disorder.
Expert 2
It seems that there are certain sleep disorders, like sleep paralysis, that are more common after the use of XTC.
Expert 2
Having a chronic, regular sleeping rhythm is important.
Sleep increases resiliency.
Expert 1
A chronic, healthy, regular sleeping habit is beneficial for the physical and mental wellbeing.
Expert 1
Sleep decreases the impact of stressors.
Expert 1
Sleeping during the day can interfere with your circadian rythhm.
The biggest problem is not skipping one night, but the fact that the circadian rhythm is disturbed.
Expert 3
Your body is set on a 24-hour rhythm which is called the circadian rhythm.
Expert 3
When you sleep during the day, chances are you will not be able to sleep at night.
Expert 3