



Differences in Sleep Patterns and Disorders between Genders

Description

New research suggests that there are significant differences in sleep patterns between men and women. Women are more likely to suffer from insomnia and report lower sleep quality, while men are more prone to sleep apnea. These findings have important implications for how sleep-related disorders are treated based on gender. For example, should women and men receive different types or dosages of medication?

Studies have also shown that women's circadian rhythms run earlier than men's, which may contribute to their higher risk of insomnia. Additionally, men tend to overeat when sleep-deprived, increasing their risk of Type 2 diabetes. These gender differences in sleep and circadian biology highlight the need for further research to better understand these issues. Historically, biomedical research on sleep has often excluded women, assuming that their sleep patterns were similar to men's. However, new studies reveal distinct differences between men and women in terms of sleep quality and duration. The recognition of these differences is vital for improving overall health outcomes.

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Vocabulary List:

1. **Insomnia** // (noun): A sleep disorder characterized by difficulty falling or staying asleep.
2. **Sleep apnea** // (noun): A potentially serious sleep disorder in which breathing repeatedly stops and starts.
3. **Circadian rhythms** // (noun): Physical and behavioral changes that follow a roughly 24-hour cycle responding primarily to light and darkness.
4. **Overeat** // (verb): To consume too much food.
5. **Type 2 diabetes** // (noun): A chronic condition that affects the way the body processes blood sugar (glucose).
6. **Biomedical research** // (noun): Research that applies the principles of the natural sciences (biology, chemistry, physics) to medicine.

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which medical procedure is used to prevent certain diseases?
Option: Circadian rhythms
Option: Vaccinations
Option: Deep Brain Stimulation
Option: Hypochondriac
2. Which term refers to a feeling of worry, nervousness, or unease about something with an uncertain outcome?
Option: Longevity
Option: Insomnia
Option: Hypochondriac
Option: Anxiety
3. Which neurological disorder primarily affects motor functions and is characterized by tremors and stiffness?
Option: Perceives
Option: Parkinson Disease
Option: Leptospirosis
Option: Rabies
4. Which term refers to the general well-being of individuals and societies including both physical and mental aspects?
Option: Quality of Life
Option: Fatal



- Option: Complex
- Option: Awareness

5. What field of study focuses on developing new treatments and understanding human health and diseases?

- Option: Fear
- Option: Biomedical research
- Option: Overeat
- Option: Preventive

6. Which condition is characterized by pauses in breathing during sleep?

- Option: Exposure
- Option: Sleep apnea
- Option: Misdiagnosed
- Option: Severe

7. What behavior involves consuming food in excess of the body's energy requirements?

- Option: Obsession
- Option: Longevity
- Option: Overeat
- Option: Fear

8. What can happen when a medical condition is incorrectly identified or labeled?

- Option: Type 2 diabetes
- Option: Misdiagnosed
- Option: Rabies
- Option: Symptoms

9. Which chronic condition is characterized by high levels of blood sugar resulting from the body's ineffective use of insulin?

- Option: Biomedical research
- Option: Anxiety
- Option: Type 2 diabetes
- Option: Awareness

10. Which viral disease usually transmitted through the bite of an infected animal can be prevented through vaccination?

- Option: Rabies
- Option: Deep Brain Stimulation
- Option: Hesitancy
- Option: Anxiety



Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. _____ is an emotional response induced by a perceived threat which causes a change in brain and organ function.
12. A hypochondriac often wrongly _____ normal bodily sensations as signs of serious illness.
13. _____ is a common sleep disorder characterized by difficulty falling asleep or staying asleep.
14. Increasing public _____ about the importance of regular exercise can lead to better health outcomes.
15. Deep Brain Stimulation is a surgical procedure used to treat movement problems like severe _____ in patients with conditions such as Parkinson Disease.
16. Effective preventive measures can reduce the risk of disease _____ to harmful pathogens.
17. The interplay of genetics and environmental factors can make diagnosing certain diseases quite _____.
18. Without appropriate treatment some cases of leptospirosis can be _____.
19. A healthy lifestyle and regular medical check-ups can contribute to a longer _____.
20. Get vaccinated as a _____ measure to avoid contracting diseases like rabies or influenza.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)



21. Some individuals exhibit vaccine due to concerns about potential side effects or misinformation.
22. Parents of children with often seek out early intervention programs and specialized therapy.
23. People with obsessive-compulsive disorder may experience intrusive thoughts or repetitive behaviors related to their .
24. Advancements in have led to breakthroughs in understanding complex diseases and developing targeted therapies.
25. Leptospirosis is a zoonotic disease that can be transmitted to humans through contact with infected urine.
26. Untreated sleep apnea can have consequences on cardiovascular health and overall well-being.
27. Recognizing the early warning of a medical condition can lead to timely intervention and better outcomes.
28. Chronic can significantly impact an individual's daily life and relationships.
29. Disruptions to normal can affect sleep patterns and overall health.
30. Preventive measures such as avoiding contact with contaminated water can reduce the risk of contracting .

Answer

Multiple Choice: 1. Vaccinations 2. Anxiety 3. Parkinson Disease 4. Quality of Life 5. Biomedical research 6. Sleep apnea 7. Overeat 8. Misdiagnosed 9. Type 2 diabetes 10. Rabies

Gap-Fill: 11. Fear 12. Perceives 13. Insomnia 14. Awareness 15. Tremors 16. Exposure 17. Complex 18. Fatal 19. Longevity 20. Preventive

Matching sentence: 1. Hesitancy 2. Autism 3. Obsession 4. Biomedical research 5. Rodent 6. Severe 7. Symptoms 8. Anxiety 9. Circadian rhythms 10. Leptospirosis

CATEGORY

1. Health - LEVEL1

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