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Early to Bed, Early to Rise Maketh Life Longer and Healthier

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2018 International Meeting and Cruise

- The 2018 International Meeting on Quality of Life will be a **5-night Genting Dream Cruise** leaving **Sunday, Sept. 2nd, 2018** from Singapore, visiting Malaysia, Cambodia, Laem Chabang in Thailand, and returning to Singapore on **Friday, Sept. 7th, 2018**.
- We are now calling for papers. Proceedings as well as photos and other information from past conferences can be found at <http://as4qol.org/icqol/2018/>

By special arrangement with the cruise operators, Conference attendees will receive a one-time special discount. Full details to be as4qol.org/icqol/2018/accomodations/.

More information at <http://as4qol.org/icqol/2018/>



**Wisdom (Philosophical) Note:
As I Was Passing ...**

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The living system has evolved over hundreds of years, and has adapted and adapted to the environment to maintain and keep our human species - *homo sapiens* – alive. From cells, tissues, organs and then the systems, homeostasis is the main protection mechanism available to urgently adjust and rhythmically accommodate the living system in response to the multifaceted hostile elements and various risk-inducing changes in the environment, and to appropriately maintain and allow the living system to function properly so as to survive and propagate the species for subsequent generations.

There is the brain to order and command internal organic actions and external physical body actions in any change challenging the body system. Therefore, humans drink water and eat foods when they are thirsty and hungry respectively; rest when they are tired; fight when their lives are threatened; run when there is danger; laugh and feel satisfied when they have done something good with productive results; and the list goes on.

Sleep is a situation when the brain is no longer able to function properly, and when a rest for restoration is needed. Intriguingly, when the living system is asleep, the metabolism regulating the body falls to a minimum basal level near that of death to conserve and to maintain the working mechanisms necessary for staying alive until one is awakened. Humans spend one-third of their lives sleeping. Through the years of evolution, different species have developed different patterns of sleeping: certain species sleep when the sun is high, while others when darkness falls. Our human species usually sleep after the sun has set, although we feel sleepy around 10:00-11:30 and 14:00-15:00 hr in a 24-hr circadian cycle. Through the years, human adults have evolved to usually sleep after 20:00 hr and awake around 07:00 hr when and where the body feels enough is enough, although some may adopt different sleeping patterns due to certain demands.

It is therefore important that humans establish sufficient sleeping time: viz., a period of 6.5-7.0 hr within the cycle of 22:00-08:00 hr daily (from late evening on day 1 to the next morning on day 2 and so on) is considered ideal in maintaining life as this sleeping period would enable the body to keep its immune system functional and homeostasis intact and strong to respectively protect the body from bacterial and viral infections ever present in the hostile environment and maintain the various function systems in the body in responses to environmental challenges.

In our modern world, various demands of occupational needs have

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forcefully altered the sleeping patterns in many. As long as the body system is forced to accommodate the occasional demands by adopting a different sleeping pattern with sufficient sleeping time, the system is still able to maintain body functions and survive, but not without health problems on a long-term basis. Such demands in medical personnel, service industry, and other professions are well accommodated if these demands are occasional, and compensated with enough rest and sleeping time, although lifespan period remains to be investigated. For a situation where such unnatural demand is required on a long-term basis, it will be acceptable - to a certain extent - to give the body system an accommodation period so as to allow adaptation over time, and to allow the system lead a normal life cycle with proper functions of the homeostasis.

Problems in health issues arise when the pattern is altered with insufficient sleeping time or even with sufficient sleeping time. Recent findings using data from 433,268 people (age-range:38-73 yr) have revealed that people sleeping late (night-owls) tend to die 6.5 years earlier compared to the morning type (morning larks: sleeping before 21:00-22:00 hr and waking up by 06:00-07:00 hr or earlier). When the situation of these night-owls is reviewed, they are usually late to bed – keeping awake till early hours in the morning (exceeding 02:00-03:00 hr) and waking up around 09:00-10:00 hr (sleeping time: 6-7 hr) in the same morning to go to work.

The possible reasons for early-death of these night-owls are: 1) different patterns of sleep even with enough sleeping hours; and/or 2) inadequate sleeping time within the rest rhythmic functional period of the living system; and others. With regard to 1): In the normal sleeping pattern, once the body has attained the sleeping-in stage, hormones and neurotransmitters and other chemicals in the body are generated, and worn-out cells/tissues are repaired and replaced to meet challenges when the body awakes. Therefore, once the sleeping pattern is disturbed, the body system is not well-repaired and inadequately systemically replaced to meet upcoming challenges on waking, rendering the body susceptible to cell/tissue damage and injury. These shortcomings are eventually compensated for when such abnormalities are only occasional demands allowing return to the normal sleeping pattern; however, when such strains on the body persist on a regular scale in a disturbed sleeping pattern over time, the body system eventually become short of repair and depleted of defenses usually degrading to an unsustainable situation eventually leading to death. As for 2), the body system actually survives via rhythmic regulations of cell/tissue mechanisms and organ/systemic movements of body living (e.g. heartbeat, etc.) in response to internal and external challenges or the homeostasis. Therefore, disturbance of these rhythmic adjustments and regulations in the living system invite global disorders in the body system, causing confusion in accommodation to eventually induce functional problems in cells, tissues, organs, and eventually the whole living system.

It therefore important to keep a well-regulated sleeping pattern to stay away from uninvited health issues: viz., sleeping ca. 22:00-23:00 hr and waking by 06:00-07:00 should be helpful in maintaining a healthy body system with proper working endogenous mechanisms. Factors other those contributing to sleep-related health issues and responses of the body homeostasis are another matter of fact we must not ignore to stay well, wealthy, and wise.