

WEAK IMMUNITY DURING INSOMNIA

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Keywords: weakened immunity, ragging / bullying, insomnia, Electro-Ion Membrane Distress Syndrome, chronic fatigue syndrome/myalgic encephalomyelitis (CFS/ME), Immuno Compromise(IC) CHAOS dissonance, mitochondrial dysfunction, autophagy (mitophagy), mitochondria, Microcirculatory-Mitochondrial Distress Syndrome, Abnormal/extreme myelopoiesis.

Goal of the study: To demonstrate that during insomnia the immunity weakens.

Introduction: Patients with chronic insomnia have immunological abnormalities characterized by a higher incidence of clinical infection. There were significant difference in erythrocyte, hemoglobin, hematocrit, albumin, globulin, creatinine, IgG, IgG/IgM ration, CD4+ T lymphocytes, CD19/CD3 ratio and clinical infection events between the chronic insomnia group and the control group [1-6].

Material and Methods: There was reviewed articles from the last 5 years 2022-2026 & other important scientific matter from database from Google Scholar, Scite - AI, PubMed mentioned such words as: weakened immunity, ragging / bullying, insomnia, chronic fatigue syndrome/myalgic encephalomyelitis (CFS/ME), Immuno Compromise (IC) CHAOS dissonance, mitochondrial dysfunction, autophagy (mitophagy), mitochondria, Microcirculatory-Mitochondrial Distress Syndrome, Abnormal/extreme myelopoiesis.

Results: Insomnia is a widespread sleep disorder that significantly affects the quality of life and contributes to immune dysfunction. Growing evidence associates sleep deficiency with immune alteration, which can lead to lower vaccination efficiency. The central nervous and immune systems work closely in responding to external stimuli and pathogens.

Conclusion: Prolonged sleep deprivation was suggested to decrease to decrease the immune response and memory formation, decrease vaccination efficiency and increase the risk of infectious disease. There are high inflammatory profiles in insomnia and extremes of sleep duration. Through disorder Electro-Ion Membrane Distress Syndrome, chronic fatigue syndrome/myalgic encephalomyelitis (CFS/ME), Immuno Compromise(IC) CHAOS dissonance, mitochondrial dysfunction, autophagy (mitophagy), mitochondria, Microcirculatory-Mitochondrial Distress Syndrome, Abnormal/extreme myelopoiesis [7-70].



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