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A Third of Life by Paul Martin

It is evident that the need to succeed is what drives human beings' behavior in the modern society. Consequently, there are things that appear to be normal in today's society although human beings' behavior suggests that this is not the case. For example, the issue of sleep is one phenomenon something that every human being is aware of since they engage in the activity of sleep. However, it appears that despite the familiarity of human beings with sleep, there is little emphasis laid on the importance of sleep in human beings since a majority of human beings fail to obtain adequate sleep leading to sleep deprivation. Consequently, as human beings sleep less and less in order to be more productive, sleep deprivation leads to less creativity, which is related to less productivity despite humans aiming at achieving more productivity. In his article, Martin provides an overview of sleep and its consequences on human beings since sleeping patterns among humans have evolved with sleeping patterns in animals remaining more or less the same.

In effect, the consequences of lack of enough sleep form the thesis of Martin's work that "our collective indifference towards sleep has enormous and largely avoidable costs" (464).

To provide a synopsis of Martin's work, the author notes the little emphasis attached on sleep despite its importance, and its role of being the most common form in animals and humans. In this case, humanity has chosen to remain ignorant of this topic and has largely neglected to study the topic of sleep despite its important role in their life. Consequently, the contemporary society

places a high value on activity and considers sleep as an unproductive activity, which is due to these constricts of the contemporary society that make humans lack enough sleep. In effect, there has been an interruption in the patterns of sleep among human beings, which is due to the changing lifestyles that sacrifice sleep in order to engage in other activities that humans consider as more important. The author identifies the serious consequences associated with lack of adequate sleep, which is sleep deprivation. In this regard, sleep deprivation affects all aspects of a human being's life, which range from mental health aspects, physical health, and important aspects such as productivity and an individual's relationships. To underline the role of sleep deprivation on human beings, the author identifies sleep deprivation as a major contributing factor to tiredness that causes most road accidents despite the little focus on sleeping disorders. Martin identifies the importance of sleep not only for humans, but also for all animals despite their size. However, the author identifies the differences in the levels of sleep due to the presence of activities in the brain and an animal's overt behavior that include the posture, immobility, an established rhythm, and a particular place to sleep. Moreover, the author identifies the element of declining responsiveness in an animal to the outside world once it is asleep. The author identifies the evolution of sleep approaches among animals in order to surmount obstructions to sleep. Case in point, a dolphin's ability to sleep in an unihemispheric approach provides it with an opportunity of setting aside a half of its brain to stay conscious in order to control its breathing with the other part sleeping.

Martin's work exposes the departure of human beings from the conventional approaches to life. In this case, the changing world has witnessed transformation in most aspects of human beings' life with aspects that used to underline normal human activities being replaced by new phenomena. With changes in lifestyles, activities such as sleep, which used to be important before the changes in lifestyle, are increasingly becoming less important than they used to be before the

changes. In effect, the current world witnesses less focus on the issue of sleep despite the dangers associated with sleep deprivation among human beings.

To underline the contempt with which the world is treating the issue of sleep, the author notes that even the most important sectors that should focus on sleep are increasingly spending little time on this critical issue. In line with this, the author cited a study by Oxford University on the British medical education system and found out that medical institutions spent between five and fifteen minutes to focus on sleep during the training of young medics. On the author hand, the author identifies the declining dedication to topics in sleep in biographies and researchers' avoidance of the topic of sleep (465).

As a behavioral biologist, the author is best placed to emphasize on the importance of taking sleep more seriously among human beings. As a science writer, Martin uses extensive research to put across his point based on literature that has a scientific basis. While most people are ignorant of the important nature of sleep among them, the author indicates that the ignorant nature affects life's most important factors like productivity and relationships (Martin 464). In this case, Martin identified the electronic mechanisms involved in sleep and went further to an extent of pointing out the dangers associated with ignoring these mechanisms. In line with this, it is ironical that while human beings avoid sleeping in order to achieve something, the lack of sleep affects their creativity since sleep restores their body functions. On the other hand, it is common knowledge that sleep deprivation make people dream less and consequently affect their achievements. Therefore, the author appears to prove the belief in the contemporary society that sleeping less, which is closely associated with high productivity, is an erroneous belief. However, it is evident that the modern society will not agree with the author's point of view.

Human being's ability to treat things that are essential in contempt is one of the main topics of Martin's work. The author explicitly identifies the contemptuous nature of human beings towards sleep deprivation, which is evidenced by the author's indication of the deniability nature of human beings towards sleep deprivation in their daily routine. In this case, the author noted that humans deny the effects of sleep deprivation despite the same human beings suffering from things such as high levels of irritability, depression, proneness to injuries, little or no productivity, and general body tiredness (Martin 463). However, it is possible to argue that the contemporary society requires people who worked harder and longer hours than the conventional society, which is a major characteristic of the current capitalist world. Consequently, the author's work is unappalling indictment of the present society whereby human beings dissent against facts with some of the facts based on scientific evidence.

Based on the foregoing, the author's work evidences that familiarity breeds contempt among human beings (Martin 463). In effect, the author appears to indicate that although people are familiar with sleep as a common occurrence, the same people do not treat sleep seriously. Consequently, this underlines another theme by the writer that familiarity with a phenomenon does not go hand-in-hand with humans' understanding of the phenomenon or their knowledge about the same phenomenon. It is an amazing fact that despite sleep forming a third of a human being's life, people understand little about its importance in their lives. Perhaps, this applies in relation to other factors in the lives of human beings, which is true since human beings tend to place a little importance on the most critical aspects of life as exemplified by their emphasis on sleep. Based on this, it is possible to postulate that things that are familiar to most human beings are not normal. In support of this hypothesis, it can be concluded that if human beings are familiar with sleep deprivation, then this fact does not make sleep deprivation a normal phenomenon.

Work Cited

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