Engineering Life-Long Health with Sleep and Fitness Management

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Abstract

Evidence is accumulating that cultural trends and the current education system is producing unhealthy lifestyles leading to obesity, diabetes, heart disease and increased potential for accidents. Grade schools and high schools have reduced or eliminated recess and time for physical fitness. High schools have grown larger so that high school sports are for the elite few leaving the majority uninvolved and unfit. Death rate at later ages is associated with fitness level. Sleep also affects health, potential for accidents, and academic potential. Unfortunately, most students tend to not get enough sleep. Two variables, daily sleep amount and general fitness can be managed to improve performance and life-long health. This paper will discuss the effect of sleep restriction on short-term health variables and academics and long-term health risks. It will also evaluate the risk of following a sedentary lifestyle including the increase in obesity. The intent of this paper is not to leave a message of gloom and doom but to illustrate the need for better education on sleep and fitness management and how to improve long-term health and quality of life through wise management of sleep and fitness.