

5. Conclusion

Acute SD leads to excess urine production, an effect evident in both sexes although more pronounced in men. The amount of urine produced during these sleepless nights by far exceeds bladder reservoir ability, thus leading to nocturia. Suppression of the RAAS may be the result of a direct effect of SD on the sensitivity of the RAAS but could also be mediated through sympathetic-parasympathetic system disparities. Variations exist in renin levels during the different sleep stages, with suppressed levels during non-REM sleep, a sleep stage characterized by increased sympathetic activity. It can be thus hypothesized that SD, being a stressor factor, may increase sympathetic activity, thus resetting the RAAS regulation, with natriuresis as the net effect. Also found Optimal time T^* , Minimal Repair and Random Lead Time to minimize the rennin level.

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