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Sleep disorders as risk factors for mental disorders
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Observed from an evolutionary perspective, time spent in sleep is extremely dangerous due to exposure to various threats. Today, sleep can be seen as a time of isolation, rest, and mental and physical recovery. Modern man, overwhelmed by information available through social networks and physically inactive, faces a series of sleep disorders that disturb his health. The importance of sleep disorders as risk factors for the development of psychological disorders will be shown through life-span and transdiagnostics, all with the aim of emphasizing adequate sleep in achieving a fruitful life.