



Scienxt Journal of Pharmaceutical Sciences  
Year-2023 || Volume-1 || Issue-2 || July-Dec || pp. 59-74

## Significance of sleep: Pharmacogenomics perspective

**\*<sup>1</sup>Rajavarman Kittu \*, <sup>2</sup>Anuja Mishra**

<sup>1,2</sup>Bioinformatics Department, Prema's life sciences Pvt Ltd, New Delhi, India

*\*Corresponding Author: Rajavarman Kittu  
Email: k.rajarvarman52@gmail.com*

### **Abstract:**

Sleep is being more impact in order to gain the energy of the body. There are several genes like CLOCK, BMAL1 (or ARNTL), PERIOD (PER1, PER2, and PER3), and cryptochrome 1 and 2 (CRY1 and CRY2) are additional genes implicated in the sleep-wake cycle. The pharmacogenomics were through the genome-wide association study about the sleeping disorder. Pharmacogenetics is a promising approach to enhancing the efficacy and acceptability of existing medicines. Here we are discussing the significance of sleep and pharmacological prospects to be overlooked in order to gain confidence.

### **Keywords:**

Pharmacogenomics, Pharmacogenetics, wakefulness, Kleine-Levin syndrome, Circadian rhythms