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The effects of sleep deprivation (SD) have been studied for over a century and are not only limited to cognitive deficits but whole body deterioration as well. Research has shown that the body

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reacts to sleep deprivation by affecting gene expression, cellular responses in organs and tissues, and overall homeostatic balance.

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impact of the effects of sleep deprivation. Sleep deprivation is “a form of psychological torture inflicted by depriving the...

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Effects of sleep deprivation on performance: a meta-analysis. • In the second study, (1) the amount of sleep was gradually reduced, so that pps had time to adjust; and (2) pps were still getting 4 hours of sleep in every 24.

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## **Deprivation**

One major cause of sleep deprivation is poor sleep hygiene, which includes the use of substances that may adversely affect one's circadian rhythm or biological clock. Poor sleep hygiene can include alcohol consumption, caffeine and energy drink consumption, intake of stimulants, and technology use. Sleep

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disorders (e.g. obstructive sleep

## **The Effects of Sleep Deprivation on the Academic ...**

RESEARCH SHOWS LACK OF SLEEP CAN AFFECT HEALTH! There have been many different outlooks and theories on how sleep deprivation can affect health. Sleep deprivation is when a person

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cannot sleep, and does not have enough sleep. This is also known as 'wakefulness' (sleep.2014) and not having enough sleep; 'lack of sleep'.

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The empirical research study  
Neurophysiological Effects of Sleep

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Deprivation in Healthy Adults, has shown that people suffering from total sleep deprivation have an increase in dopamine output and a decrease in cortisol, thereby requiring an increase in a combined effort of production from the prefrontal and limbic cortical regions.

## **The Effects of Sleep Deprivation on**

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## **Memory, Problem ...**

Sleep deprivation affects your psychological state and mental health. And those with mental health problems are more likely to have insomnia or other sleep disorders. Americans are notoriously sleep deprived, but those with psychiatric conditions are even more likely to be yawning or groggy

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during the day.

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## **Sleep deprivation research paper outline**

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Emotional processing is particularly sensitive to sleep deprivation, but research on the topic has been limited and prior studies have generally evaluated only a circumscribed subset of emotion categories.

**Sleep deprivation impairs  
recognition of specific emotions ...**

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Essays on Sleep Deprivation. Chronic  
sleep deprivation is a concerning  
condition that has become widespread



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in many societies due to the modern busy lifestyle – namely, people try to handle too many things at once and cut down on their sleeping hours. It is also highly relevant for students, who often spend much time learning while running parallel activities (including part-time jobs).

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Abstract Sleep deprivation is common among university students, and has been associated with poor academic performance and physical dysfunction. However, current literature has a narrow focus in...

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## **(PDF) Effects of sleep deprivation on cognitive and ...**

The paper "Sleep Deprivation and Its Effects" discusses that normal sleep is vital for the body to rest and make any necessary repairs from illness, injury, and from the stress of daily life. Sleep is important for consolidating memories and in the regeneration and growth of

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## **Sleep Deprivation and Its Effects Research Paper**

There have been a countless number of studies on sleep deprivation to back up the fact that getting enough sleep every night is a fundamental necessity to

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operate in the day to day world. There are many effects of sleep deprivation, such as depression, impaired judgement, memory loss and some cases death.

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Specifically, experts from Sweden

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compared the effects of one-night sleep deprivation to a mild concussion. They conducted a study in which a group of healthy young men slept 8 hours one night, and then abstained from sleep another night.

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