

Research Paper Sleep Deprivation

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

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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 disorders (e.g. obstructive sleep

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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 the body....

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Essays on Sleep Deprivation. Chronic sleep deprivation is a concerning condition that has become widespread 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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The empirical research study Neurophysiological Effects of Sleep 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.

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Formal Research Proposal The research being conducted is the evaluative impact of the effects of sleep deprivation. Sleep deprivation is "a form of psychological torture inflicted by depriving the...

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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 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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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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Sleep deprivation research paper conclusion

Scientific research on sleep, actually, presents something of a paradox since, whilst on the one hand, it indicates that sleep deprivation is not as detrimental as one might expect, on the other hand, evidence seems to indicate that sleep deprivation may be a major social problem, undermining efficacy in school and academic achievement, contributing to countless accidents, and negatively impacting an adolescent's life in various aspects.

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Effects of sleep deprivation on students research paper

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 during the day.

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