

## Research Paper Sleep Deprivation

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He didn't Sleep for 264 hours, and this is what Happened to him

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**research paper ( sleep deprivation) 2020.docx - CHAPTER 1 ...**

Although the research on the effects of sleep deprivation is new, Dr. Barbara Bendlin (neuroscientist) found that those who had poor sleep (lower [...] The Effects of Sleep Deprivation 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.

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Sleep deprivation can have a multitude of adverse effects on college students such as decreased attention spans, fluctuation in emotions, and memory consolidation. This study investigates the effect of sleep deprivation on the academic performance of college students in North Texas.

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

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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.

**The Effects of Sleep Deprivation on Memory, Problem ...**

Sleep deficiency has previously been proposed to play an important role in the development of overweight and obesity, especially in races with higher rates of sleep deficiency such as medicine ...

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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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Established research suggests that, without sufficient sleep, simple reaction time is slowed, attentional lapses become longer and more frequent, and in general, behavior becomes increasingly...

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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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In a parallel study from the same lab, Gujar and colleagues demonstrated that sleep deprivation produced similar increases in limbic and paralimbic regions to positively valenced images as well ( Gujar et al., 2011 ), suggesting that sleep loss increases emotional reactivity to both positive and negative stimuli.

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

busy night, research shows that attempts to compensate for lost sleep can be ineffective, as sleep deprivation has a lasting effect (Walker, 2017). These findings are problematic for emergency workers doing shift work.

**Sleep Deprivation and the Health of Firefighters**

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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Researchers state that sleep deprivation is one of the main reasons why senior high students receive low academic scores aside from stress which contributes to sleep deprivation. The purpose of this research paper is to determine what sleep deprivation is and how it affects the senior high school students especially the ABM strand .Sleep is a vital necessity for people to live a healthy lifestyle in which they can function well and think properly.

**Research\_paper\_(2).docx - Sleep Deprivation of ABM ...**

The most obvious and immediate effect of sleep deprivation is excessive daytime sleepiness. This effect is a safety hazard because the end result of this may be drowsy driving and workplace injuries. Furthermore, inadequate sleep has a damaging effect on a person in that it affects his moods and work performance.

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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 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.

**Effects of Sleep Deprivation Essay - 881 Words**

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