

fourth stage to the first one. Victims of these disruptions require attention in order to take corrective measures.

In addition, there are known environmental factors, which contribute to several cases of sleep deprivation. However, doctors argue that the impact of the environment is sometimes so minimal to be recognized by people who are affected by sleep deficiency. In others words, these factors affect the quality of sleep without necessarily arousing a person from sleep.

Common examples include extreme weather conditions, like high temperatures, noise, and poor quality of the mattress. As a result, they may contribute to a person's awakening, depending on their intensity when one is sleeping (Bernstein 150).

Moreover, the impact of these factors may develop with time, thus affecting one's quality of sleep. In addition, most of the environmental factors, which contribute to sleep deprivation, can be fixed easily, without medical or professional skills. Nevertheless, the challenge is usually how to become aware of their existence.

Lastly, sleep deprivation is caused by stress and depression, which have been linked to other health disorders and complications. Together with some lifestyles in America, these factors are heavily contributing to sleep deficiency in most parts of the world. Even though they might not be acute to awaken an individual, their cumulative effects usually become significant.

There are countless stressors in the world, which affect youths and adults (Wells and Vaughn 233). While young people could be concerned with passing exams, adults are normally preoccupied with pressure to attain certain goals in life. These conditions create a disturbed mind, which may affect a person's ability to enjoy quality sleep.

## Effects of Sleep Deprivation

Sleep deprivation has a host of negative effects, which affect people of all ages. The commonest effect is stress. Most people who suffer from sleep deficiency are likely to experience depression frequently as compared to their counterparts who enjoy quality sleep. As a result, stress may lead to poor performance among students at school.

Research has revealed that students who spend very few hours in bed or experience disruptions during sleep are likely to register poor performance in their class assignments and final exams (Wells and Vaughn 233). Additionally, sleep deprivation causes inefficiency among employees.

# Sleep Deprivation Paper

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A decorative red circular graphic with a gradient, appearing as a partial circle or a stylized arrow pointing to the right, located on the right side of the light blue horizontal bar.

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human aspects of design and use of computing systems The 54 late breaking papers address topics such as Interaction Knowledge and Social Media *Twenty-six Additional Scientific Papers and Philosophical Essays That Will Eventually Compel Scholars to Rethink the World* Daniel Zanou,2024-01-08 This compilation of twenty six scientific papers and philosophical essays expands the mind body problem of the French philosopher and mathematician Ren Descartes We expose the nature of consciousness we discuss its origin and manifestations in living organisms We distinguish it from life and elaborate on human existence on Earth From there we solve the ancient enigma posited by Epicurus the Greek philosopher In science we take over Schrodinger s works on the body s entropy and use the research of the Japanese Nobel laureate Yoshinori Ohsumi to explain how non living atoms transition to living molecules Francis Crick s faded dream that becomes reality We delve into the living organisms to explain various losses of consciousness and awareness including sleep syncope and death We mainly focus on sleep to elucidate this mystery that no living organisms escape **Insomniac** Gayle Greene,2008-03-10 I can t work I can t think I can t connect with anyone anymore I mope through a day s work and haven t had a promotion in years It s like I m being sucked dry eaten away swallowed up coming unglued These are voices of a few of the tens of millions who suffer from chronic insomnia In this revelatory book Gayle Greene offers a uniquely comprehensive account of this devastating and little understood condition She has traveled the world in a quest for answers interviewing neurologists sleep researchers doctors psychotherapists and insomniacs of all sorts What comes of her extraordinary journey is an up to date account of what is known about insomnia providing the information every insomniac needs to know to make intelligent choices among medications and therapies Insomniac is at once a field guide through the hidden terrain inhabited by insomniacs and a book of consolations for anyone who has struggled with this affliction that has long been trivialized and neglected Ergonomics and Psychology Olexiy Ya Chebykin,Gregory Bedny,Waldemar Karwowski,2008-04-25 Written by leaders in their respective fields Ergonomics and Psychology discusses recent advancements in psychology and addresses their applications in practice through ergonomics The book describes the basic ideas that underpin the most successfully applied approaches in ergonomics psychology training education and more It explores t **Educart 10 CUET UG 2025 English Past Years & Mock Papers 2025 with OMR Sheets (Section IA, new NTA syllabus)** Educart,2025-02-22 What You Get NTA CUET official 2025 papers solved Past year papers to understand the exam pattern10 Mock Test Papers for English Educart 10 CUET UG 2025 English Past Years Mock Papers 2025 with OMR Sheets Section IA new NTA syllabus Based on NTA CUET UG Syllabus and New Exam Pattern Topic wise Detailed Theory Class 12 and Supplementary topicsMCQ Questions for Every topicIncludes 10 CUET Practice PapersIncludes OMR Sheets for Offline Exam Practice Why choose this book The books consist of Industry best detailed answers **10 Last Years Solved Papers for Science (PCM) CBSE Class 12 ( 2022 Exam) - Comprehensive Handbook of 5 Subjects - Yearwise Board Solutions** Oswal,2021-06-15 Benefit from Easy and Quick Revisions for your Class 12 CBSE Board Examinations 2022 with the help of

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