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The Physiological & Psychological Effects of Sleep Deprivation

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Grand Island Senior High School 2017

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Abstract

Sleep deprivation is a serious issue that affects this nation as a whole and is sadly ignored, overlooked, and even dismissed. Through extensive research one could see that sleep deprivation causes several unwanted health issues: some of which include obesity, insomnia, and anxiety. From this research conducted over the physical and psychological effects of sleep deprivation one can conclude that with simple education over this serious topic the effects of sleep deprivation would in fact significantly decrease. This in turn would benefit several people, families, and even society as a whole.

Key Points

- As a nation only 2 out of 5 people get the adequate amount of sleep required (7- 10 hours of sleep)
- The three main health issues that are correlated to sleep deprivation are obesity, insomnia, and anxiety.
- According to the National Institute of Health (NIH), obesity affects around 97 million Americans and is the second leading cause of preventable death in the United States
- Sleep deprivation innately leads to people consuming more caffeinated drinks and in their lifetime are more prone to depression.

Conclusion & Discussion

From the research conducted one can see that as a nation we face a dilemma of our citizens and students going about their day being sleep deprived. The effects of sleep deprivation are more harmful to younger adolescents and students in general. This affects them academically and also psychologically both in the short and long run. Sleep deprivation affects several people, families, and even our society which makes a serious issue that should no longer be ignored or overlooked. With proper education, society can stop overlooking the physical and psychological damage that derives from sleep deprivation.

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