

# Effect of Sleep Deprivation on Emotional and Mental Health

In societies built upon the production of goods and services, personal health is not deemed a necessity, but a luxury. While the term "personal care" is broad, one of the most important factors to consider is sleep. Many individuals are sleep deprived- this is not to say that people are unable to sleep at all- and many find that schedule conflicts correlate to constant and chronic sleep deprivation. But what is chronic sleep deprivation defined as? It is recommended that an adult sleeps upwards of 6 hours, and anything less than can be classified as chronic. Chronic sleep deprivation occurs when individuals consistently lack sleep, and the cumulative total per night is less than 6 hours (it is not chronic if sleeping less than 6 hours is not constantly prevalent).

As showcased in many studies, when an adult sleeps less than 6 hours nightly, they are at risk for multiple different health problems. Sleep deprived adults are, for instance, "7.5 times more likely to have a higher-than-healthy body mass index (BMI)." (Cartwright, 2010). Other physical aspects that are threatened by the lack of sleep caused by the societies of today include an increased risk of heart attack, stroke, and diabetes (ibid.). While these physical dangers may seem like common sense, the little thought of factor is what role sleep plays in emotional and mental health. The role of sleep, or lack thereof, on mental instability can be examined due to an in-depth analysis a review conducted by Waters, Et al. (2018). Found in the review of 21 eligible studies is that, after 24 hours, humans begin to show signs of mental changes that can possibly correlate to an altered emotional state.

Then, after 5 days, mental instability is well developed (Waters, 2018). However, it does not take 24 hours without sleep to gain an altered emotional state. In terms of emotional health, sleep problems and a lack of sleep can indirectly correlate to anxiety and mood disorders by suppression and rumination of emotions (Palmer, 2018). With the knowledge of this information, it is reasonable to conclude that, in the societies of today, the misconception that sleep deprivation is acceptable must be addressed. With the level of treatment and help available for identifiable mental health disorders, it is important to recognize that sleep can possibly play an important factor on the emotional and mental state of an individual, and that societies cannot continue to 'spend' health this way without detrimental consequences.

Going without sleep is always a seemingly bad idea and yet, students pull 'all-nighters'. Some adults are required financially to take on two jobs, resulting in nights without much sleep. This is commonplace in American society, and the general populous knows enough of the consequences to avoid depriving themselves of all sleep. However, there is not much knowledge in the general populous about what exactly happens to the mental state of an individu

# Sleep Deprivation Paper

**David Cole**



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perceptual and sensory motor aspects 4 the role of drives and emotions 5 homeostatic and biorhythmic aspects and 6 effects of breakdown of programming Author **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 Thinking about Bribery Philip M. Nichols,Diana C. Robertson,2017-09-07 Bribery is perhaps the most visible and most frequently studied form of corruption Very little research however examines the individual decision to offer or accept a bribe or how understanding that decision can help to effectively control bribery This book brings together research by scholars from a variety of disciplines studying the mind and morality who use their research to explain how and why decisions regarding participation in bribery are made It first examines bribery from the perspective of brain structure then approaches the decision to engage in bribery from a cognitive perspective It examines the psychological costs imposed on a person who engages in bribery and studies societal and organizational norms and their impact on bribery This is an ideal read for scholars and other interested persons studying business ethics bribery and corruption corruption control and the applications of neuroscience in a business environment **The Torture Memos** David Cole,2009-09-08 On April 16 2009 the Justice Department released never before seen secret memos describing in graphic detail the brutal interrogation techniques used by the CIA under the Bush administration s war on terror Now for the first time the key documents are compiled in one remarkable volume showing that the United States government s top attorneys were instrumental in

rationalizing acts of torture and cruelty employing chillingly twisted logic and Orwellian reasoning to authorize what the law absolutely forbids This collection gives readers an unfiltered look at the tactics approved for use in the CIA s secret overseas prisons including forcing detainees to stay awake for eleven days straight slamming them against walls stripping them naked locking them in a small box with insects to manipulate their fears and of course waterboarding and at the incredible arguments advanced to give them a green light Originally issued in secret by the Office of Legal Counsel between 2002 and 2005 the documents collected here have been edited only to eliminate repetition They reflect in their own words the analysis that guided the legal architects of the Bush administration s interrogation policies Renowned legal scholar David Cole s introductory essay tells the story behind the memos and presents a compelling case that instead of demanding that the CIA conform its conduct to the law the nation s top lawyers contorted the law to conform to the CIA s abusive and patently illegal conduct He argues eloquently that official accountability for these legal wrongs is essential if the United States is to restore fidelity to the rule of law

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*Augmentation of Brain Function: Facts, Fiction and Controversy* Mikhail Lebedev, Ioan Opris, Manuel F. Casanova, 2018-09-14 Volume I entitled Augmentation of Brain Functions Brain Machine Interfaces is a collection of articles on neuroprosthetic technologies that utilize brain

machine interfaces BMIs BMIs strive to augment the brain by linking neural activity recorded invasively or noninvasively to external devices such as arm prostheses exoskeletons that enable bipedal walking means of communication and technologies that augment attention In addition to many practical applications BMIs provide useful research tools for basic science Several articles cover challenges and controversies in this rapidly developing field such as ways to improve information transfer rate BMIs can be applied to the awake state of the brain and to the sleep state as well BMIs can augment action planning and decision making Importantly BMI operations evoke brain plasticity which can have long lasting effects Advanced neural decoding algorithms that utilize optimal feedback controllers are key to the BMI performance BMI approach can be combined with the other augmentation methods such systems are called hybrid BMIs Overall it appears that BMI will lead to many powerful and practical brain augmenting technologies in the future

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