

Download Sleep Deprivation Research Paper

Learn about sleep deprivation and the surprising effects it can have on your body and health. Our hormones, artery health, and how much fat we store are some aspects that can be badly affected if ...**40 FACTS ABOUT SLEEP YOU PROBABLY DIDN'T KNOW... (OR WERE TOO TIRED TO THINK ABOUT)**-The record for the longest period without sleep is 18 days, 21 hours ...Research has shown that sleep-deprived brains lose the ability to make accurate judgments. That, in turn, can lead to irrational and unjustified claims such as “I do not need sleep” or “I’m doing fine with a couple of hours of sleep.”Sleep affects our performance, mood, and health. The necessary amount of sleep depends on several factors, including age, but adults usually require 7 or more hours per night. Sleep deprivation is ...