Written Assignment Unit 2

Name Withheld for Peer Grading

Introduction to Psychology

“The Negative Effects Of Sleep Deprivation”

University of the People

***Task: Find a research article that describes one of the negative effects of being sleep deprived. Then write a report about this study, their methods, participants, and findings. Describe the study’s limitations as well as any future applications.***

***Abstract***

The purpose of this paper is to demonstrate the possibility that partial sleep deprivation has a detrimental impact on productivity (Snyder, 2003, p.2). Partial sleep deprivation is defined as sleeping for 5 hours or less in a 24-hour period. Snyder (2003) illustrates how sleep interruptions or deprivation can have negative consequences in the behavioral, physiological, cognitive, and emotional realms, reducing our productivity at work.

Keywords: Productivity, individual, sleep deprivation, performance

***Introduction***

Sleep deprivation has been shown in numerous studies to have a negative impact on brain growth and cognitive abilities. Sleep-deprived patients showed increased activity in regions of the brain's prefrontal cortex, which supports mental abilities such as working memory and logical reasoning, according to fMRI studies. The findings suggested that sleepier respondents had to work harder to complete the identical activity than well-rested subjects, demonstrating the need to adjust for the negative effects of sleep deprivation (Boundless psychology, n.d.). Therefore, I chose this study in order to reveal how much sleep deprivation influence the individual well-being and performance.

According to the National Commission on Sleep Disorders, lower productivity and occupational accidents cost the country $150 billion annually. Rotating shifts and sleep deprivation have been linked to blunders, lapses in focus, delayed reflexes, workplace accidents, highway crashes, lost productivity, and two communication difficulties, according to a review of the literature (National Sleep Foundation, 1999).

***Hypothesis of the study***

The purpose of this paper is to demonstrate the possibility that partial sleep deprivation has a detrimental impact on productivity (Snyder, 2003, p.2). Partial sleep deprivation is defined as sleeping for 5 hours or less in a 24-hour period. Snyder (2003) outlines how sleep interruptions or deprivation can have negative consequences on the behavioral, physiological, cognitive, and emotional aspects, resulting in decreased work performance (Snyder, (2003).

The Study significance

The significance of this research is that it has an impact on people from all walks of life. Sleep deprivation knows no bounds. It is inclusive of all cultural, social, economic, religious, educational, ethnic, racial, gender, and age groups. Everyone should be aware of the problem of sleep loss. Whether you're an employer concerned about the safety of your employees, or a mother concerned about your child's well-being, growth, and development. Whether you, a family member, or a friend suffers from sleep deprivation, it is a problem that affects all aspect of your life (Snyder, (2003).

***Participants***

Thirty individuals took part in the study, including students from a Marshall University graduate course, personnel from Andrx Laboratories, American Electric Power, Western-Southern Life Insurance, and other Huntington-based businesses. Participants were asked to keep a sleep journal in which they recorded activities that could affect sleep, such as when they wake up, when they go to sleep, how many times they woke up during the night, how they felt when they woke up, and how many hours they slept throughout the night. This took place over the course of two weeks. This data was used to determine whether a subject had experienced partial sleep deprivation. A demographic questionnaire and a task log sheet were also required from participants. The task log page recorded the activities they wanted to perform for each day of the study, as well as whether or not they had accomplished them. The productivity level was computed using the % of tasks performed daily on the task log sheet (Snyder, (2003).

***Limitations***

The diversity of vocations and the assessment of personal output are two major drawbacks. Individuals have diverse task lists due to their various vocations, which is a subjective way to quantify productivity. A study with participants from one specific occupation and a more trustworthy (objective) measure of productivity would be the solution. A second stumbling block in the data collection procedure was a concern about the environment. Sixty percent of the individuals resided in a region that had had a significant ice storm a few days into the sleep deprivation trial. The majority of interviewees stated that the natural disaster had an impact on their sleep patterns as well as their to-do lists. The current study's final flaw is that there was a relatively low rate of survey participation. The findings can only be applied to persons above the age of 18 who are employed and have a college education, according to the researcher. Despite this limitation, the marginally significant associations between sleep and productivity emphasize the significance of the issue (Snyder, (2003).

***Study Results and Discussion***

The sample replicates the known population of Huntington, WV, according to the demographic questionnaire. It also enabled for the examination of sub-groups of survey respondents. The subgroups of marital status, education level, race, and gender were compared on a mean basis. In terms of marital status, productivity levels were evenly dispersed. The findings suggest that whether a person is single, living with someone, married, separated, widowed, or divorced has little impact on productivity.

Participants who are currently enrolled in college were shown to be much more productive. This could be attributable, in part, to the fact that college students face more imminent deadlines. In other words, in addition to the demands of employment and home life, college students must adhere to rigid syllabi with looming deadlines. They could better arrange their time to finish activities on schedule, resulting in a much-improved level of productivity (Snyder, (2003).

***Recommendations for further Studies***

In the future, a more complete study employing a longitudinal design should be done to investigate the issue of partial sleep deprivation. The study should include a bigger number of participants and be conducted over a longer period of time. It would be to the researcher's benefit to conduct the study for at least one to two months. This period of time will provide a more consistent examination of sleep patterns. The study's additional tip, and arguably the most important, is to look for people who share a common occupation. This would provide a more objective and trustworthy measurement of production (Snyder, (2003).

***Conclusion***

 All in all, it is an undoubtful fact that sleeping hours sufficiency is a crucial factor in our hectic and active lives. Therefore, incapability to provide own effective sleeping hours can lead to harmful consequences for physical, mental, and emotional states in various areas of the individual performance.

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