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| **Sleep Deprivation and its effects on Teens**  "The amount of sleep students got was reflected in their grades, those who reported earning mainly A�s and B�s went to bed earlier both week-nights and weekends than those who received D�s and F�s and the high achievers averaged 35 minute more sleep per day than the lower achievers."(1)  Although these students might think they are doing the right thing by staying up all night to finish their homework or projects, what they do not realize is that very little of the memory from that time remains, and although the paper that they are working on might seem good at 3am it usually contains serious errors, that pinpoint the person�s lack of focus. Which is sometimes how teachers are able to guess that we did our papers the night before, when they had been assigned for a long time.  Also the A and B student receive the grades partially on class room participation which they can receive because they are awake and attentive, and can remember the material, unlike those who tired to cram it all in their heads the night before. When in actuality they would have been better off getting the sleep and skipping the reading because their memory will not hold all the information read during a 2 am cram session.  The problem is that the average student receives 7.2 hours of sleep or less, and the suggested sleep hours for teens which is needed is nine. This lack of sleep begins to take control of their lives, at first when a person is sleep deprived it is often difficult to tell they are completely functional and act quite normal, but inside their body recognizes the loss of sleep. Once the human body knows that these hours are missing it tries to make up for them with the next day, which is why we exhibit casual signs of fatigue, it is our body trying to regain it�s "sleep debt" as referred to by the Stanford Medical Center. This "debt" persists until it is paid; this can be done when we become sick or ill, which is also why those who sleep less are more susceptible to the common cold. Due to the lack of sleep that comes with sleep deprivation causes the body to overwork itself, and in turn weakens the immune system.  Also the people who are sleep deprived "may seem just a little mellow or distressed and then become energized within the hour", this is because there are "key points in the day and night where the body has more energy". These usually run at parallel like 9 am and 9pm. The times depends solely on the person. (2)  This deception sleep deprivation brings to our bodies often leads doctors astray and believing that we might suffer from things such as narcolepsy, a serious sleeping condition, when the true problem is we just don�t sleep enough. Also teenagers being diagnosed with attention problems and irritability might not belong on the prescribed drug they have been given, but only need the cure of an extra few hours of sleep.  "I hope that people evaluate the potential impact of chronic periods of inadequate sleep can have on Behavior."(3) This is why it is often recommended to get a second opinion before putting teenagers on anti-depressants, because they might make the kid happier but will not give them the sleep, which is what is truly needed. Moreover, some anti-depressants actually have the side effect of keeping the person awake at night, the opposite of what they actually needed.  ([NEXT](http://docs.google.com/intro2.html))  [[Home](http://docs.google.com/home.html)][[Introduction](http://docs.google.com/introduction.html)][[Hypothesis](http://docs.google.com/hypothesis.html)][[Procedure](http://docs.google.com/procedure.html)][[Data](http://docs.google.com/data.html)][[Conclusions](http://docs.google.com/conclusions.html)][[Bilio/Links](http://docs.google.com/biblio.html)]  [[2001 Projects](http://docs.google.com/index.html)][[2000 Projects](http://docs.google.com/AP2000/index.html)][[1999 Projects](http://docs.google.com/AP99/index.html)][[1998 Projects](http://docs.google.com/AP98/index.html)] |