Consequences Caused by Sleep Deprivation

Sleep deprivation can cause a number of harmful symptoms.

Continuous periods of extremely little sleep can disrupt the rhythm of one's life and increase the risk of becoming obese due to irregular eating habits.

In addition, sympathomimetic adrenaline and other stimulants are secreted in an attempt to stay awake, which causes blood pressure to rise and the heart rate to increase, similar to when a person consumes a small amount of alcohol.

Insomnia has been considered a precursor symptom of depression, but in recent years it has also been regarded as a significant factor in the risk of developing depression (Komada, Inoue 2007).

For example, in a long-term cohort study, Chang et al. conducted a prognostic study of medical students at Johns Hopkins University and found that those who had insomnia as students had twice the risk of developing depression during long-term prognostic observation.

Based on the above, it can be concluded that not getting enough sleep is detrimental to one's health.

Works Cited

Komada, Y., & Inoue, Y. (2007). (2007). Effects of sleep disorders on social life (Symposium: Psychosomatic functions and sleep disorders, 2006, The 47th Annual Meeting of the Japanese Society of Psychosomatic Medicine, Tokyo). Psychosomatic Medicine, 47(9), 785-791.

Chang PP, Ford DE, Mead LA, et al: Insomnia in young men and subsequent depression.