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deprivation and memory problems |

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The figure 1 is the research paradigm on the study of effects of sleep deprivation to students of Asia Source I College. The first frame has five parts. 1 st part is the demographic profile of tge respondents according to: name, age, and gender. The 2 nd part is the effects of sleep deprivation

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Paper to student when it comes to physical and mental health. 3 rd is that sleep deprivation happen due to ...

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Sleep deprivation is the lack of the usual requirement of sleep we need as

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Abstract— Sleep deprivation is an extremely common problem among college students as approximately 70.6% of the were found to have less than eight hours of sleep per night.

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Sleep deprivation can have a multitude of adverse effects on college students such as decreased attention spans, fluctuation in

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the Academic ...~~

The empirical research study

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Neurophysiological Effects of Sleep Deprivation in Healthy Adults, has shown that people suffering from total sleep deprivation have an increase in dopamine output and a decrease in cortisol, thereby requiring an increase in a combined effort of production from the prefrontal and limbic cortical

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Essays on Sleep Deprivation. Chronic sleep deprivation is a concerning condition that has become widespread in many societies due to the modern busy lifestyle – namely, people try to handle too many things at once and cut down on their sleeping hours. It is

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also highly relevant for students, who often spend much time learning while running parallel activities (including part-time jobs).

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Abstract Sleep deprivation is common

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~~Paper~~ among university students, and has been associated with poor academic performance and physical dysfunction. However, current literature has a narrow focus in...

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wellness that cannot be improved by improving one's sleep, and conversely, sleep deprivation. can contribute to an array of health problems, including: cardiovascular disease, mental illness, addiction,



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metabolic disease, and cancer- to  
name a few (Aran et al., 2016;  
Kamphuis et al.,

~~Sleep Deprivation and the Health of  
Firefighters~~

Sleep deprivation also affects memory  
by reducing encoding when it

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~~Paper~~ precedes learning and impairs consolidation of memory traces when it occurs after learning. Some, but not all, aspects of higher...

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Performance~~

According to new research conducted

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**Paper** Before the pandemic, sleep deprivation dampens our enthusiasm about positive events, and makes it harder to find the silver linings when we're under stress. In the paper, published earlier this year in *Health Psychology*, researchers surveyed nearly 2,000 adults in the United States. For eight

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React to Stress...~~

Scientific research on sleep, actually,  
presents something of a paradox  
since, whilst on the one hand, it  
indicates that sleep deprivation is not

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as detrimental as one might expect, on the other hand, evidence seems to indicate that sleep deprivation may be a major social problem, undermining efficacy in school and academic achievement, contributing to countless accidents, and negatively impacting an adolescent's life in various aspects.

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In a parallel study from the same lab, Gujar and colleagues demonstrated that sleep deprivation produced similar increases in limbic and paralimbic regions to positively valenced images

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as well ( Gujar et al., 2011 ),  
suggesting that sleep loss increases  
emotional reactivity to both positive  
and negative stimuli.

~~Sleep deprivation impairs recognition  
of specific emotions ...~~

Research Paper: Effects Of Sleep

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Deprivation Literature Review - Effects  
Of Sleep Deprivation Normal, healthy  
individuals need adequate sleep for  
optimal cognitive functioning  
(Himashree et al., 2002). Without  
adequate sleep, humans show  
reduced alertness (Penetar et al.,  
1993) and impairments in cognitive



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Paper performance (Thomas et al., 2000, 2003).

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~~SLEEP | Oxford Academic~~

Sleep deprivation is when a person cannot sleep, and does not have enough sleep. This is also known as 'wakefulness' (sleep.2014) and not having enough sleep; 'lack of sleep'. This literature review will cover four main concepts of sleep deprivation.

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The key ideas in this paper would be the research done and how

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