EFFECTS OF SLEEP DEPRIVATION ON PERFORMANCE

What is sleep deprivation?

- Lack of sleep, usually starting at 5 to 6 hours of sleep that results in the individual experiencing a decrease in the following:
  - Activity level
  - Alertness
  - Memory/cognition
  - Mood (depressed state)

- Also increases the following:
  - Risk of CVD, heart attack, hypertension, stroke, & diabetes
  - Risk of accidents
  - Aging
  - Unhealthy weight gain
  - Impaired judgment

How to prevent sleep deprivation

- Develop regular sleeping & eat habits
- Exercise regularly (3-4 days per week, 4 hours prior to sleep)
- Avoid taking naps during the day, stimulants such as coffee, & eating heavy meals late in the day
- Avoid using your bed for anything other than sleep
- Develop relaxing rituals such as reading, meditation, bathing, and other relaxing rituals before bed time.

Statistical results

- The effects of 24 hour sleep deprived individuals is equivalent to the effects of an individual with the blood alcohol intoxication of 0.08% (graph a)
- People who sleep <6 hours per day are 30% more likely to become obese than those that Sleep 7-9 hours per day. (graph b)
- According to a study conducted by Oklahoma State University, 70% of individuals are getting at least 7.5 hours of sleep per night. Meaning that 70% of these individuals aren’t affected by reduction in agility, mood, energy, coordination, and overall performance.