



Cause And Effect Essay

The Effects Of Sleep Deprivation

Sleep deprivation is becoming increasingly challenging among people today. Many individuals have experienced sleep deprivation at least one time during the night, and the occurrence is becoming more widespread, especially among adults. Much like food and water, sleep is a biological need that our bodies need to function properly. This paper discusses the negative effects sleep deprivation has on people and their productivity.

One of the major effects of sleep deprivation is that it causes accidents. Some of the disasters this world has experienced have been attributed to human error due to lack of sleep. From the Chernobyl Nuclear Disaster in 1986 to the Exxon Valdez oil spill, sleep deprivation has caused massive loss of life, destruction of property and the environmental degradation. Also, sleep deprivation has led to a lot of road accidents leading to high death tolls. Approximately 100,000 traffic accidents and 1500 crash-related deaths can be attributed to fatigue among the drivers (Peri, 1-3). These numbers are shocking, considering that most of the victims are young adults below 25 years. In fact, nearly 20 percent of all road accidents in the U.S. are due to sleep deprivation among the drivers (Blass, Vargo and Wisniewska, 28). Also, work-related accidents are on the rise due to sleep deprivation. Workers who have frequent work-accidents cite lack of enough sleep as their primary reason for these scenarios. Their productivity is also affected due to injuries and sick days.

Sleep deprivation leads to poor performance in the workplace and school. Children need 10-12 hours of sleep daily while adults need 7-8 hours (Blass, Vargo and Wisniewska, 28). Lack of enough sleep among school-going children can lead to bad grades while adults may be prone to poor performance at work. The body needs sleep to enhance thinking and learning, and a lack of sleep or minimal sleep can

inhibit these cognitive processes in numerous ways. People with sleep deprivation are unable to reason correctly, pay attention, concentrate, and be alert (Peri, 1-3). In fact, researchers compare carrying out simple activities while fatigued to doing so while under the influence of alcohol. Activities like studying, driving and working may be difficult for sleep-deprived people to carry out properly. Moreover, sleep deprivation causes a poor memory, making people quickly forget or take a long time to process simple information. This is because people need to sleep for the mind to store memories.

Sleep deprivation over an extended period causes depression. In fact, most people suffering from depression and anxiety sleep for six hours or less a night (Peri, 1-3). Insomnia, a sleep disorder, is primarily the first symptom of depression and majority of those who suffer from it become depressed at one point. Insomnia and depression are intertwined in the sense that insomnia can make its victims suffer from depression, and those who are depressed tend to lack sleep. However, as much as insomnia is attributed to depression, treating the disorder can aid in curing depressed victims.

In conclusion, people who do not get enough sleep are at risk of many problems. They are prone to accidents, be it road or work-related accidents. Their performance is also affected, making it difficult for them to correctly reason, make decisions or concentrate. This minimizes their productivity school and in the workplace. Finally, sleep-deprived people more likely to suffer from depression than individuals who are not sleep deprived. Sleep is vital for human health and performance, therefore making it essential to ensure that get enough sleep every night.

Blass, Laurie, Mari Vargo, and Ingrid Wisniewska. 21st Century Reading. 2016. Print.
Peri, Camille. "10 Things To Hate About Sleep Loss". WebMD (2014): 1-3. Print.