

What are the symptoms of sleep deprivation essay



**ASSIGN
BUSTER**

Do what it takes to get the full seven to nine hours that is suggested by the Mayo Clinic. Will discuss two problems. Why college students are not getting enough sleep and the ways sleep deprivation can affect you. There are many reasons college students, students just like us, are not getting enough sleep each night. One of the largest is the overload of responsibility. The student is now independent and is forced to take on all things on their own.

The student is now forced to set his or her own schedule; one that includes when one goes to sleep and when one wakes up. There is also the added pressure to have a social life, to have the “ college experience. ” This thought often forces us to put off schoolwork and to put off the necessities of daily life. Putting off schoolwork to sometimes literally the last minute has drastic effects on sleeping habits. According to Staples university school Nurse Ms. Lobby Russ “ Procrastination is capable of chewing up many more hours than any amount of work can. ” Now that we have looked at some of the reasons we lose sleep let's look at the ways sleep deprivation can affect you. According to the article “ What are the Symptoms of Sleep Deprivation” by medical doctor Brandon Peters some of the common symptoms are: mood changes, difficulty concentrating impaired performance in everyday tasks, memory loss, paranoia, anxiety, and in extreme cases even to your death.

If you have been sitting here diagnosing yourself with one, two, maybe a multitude of these symptoms it is very possible that you have fallen into this unhealthy lifestyle lived by over 70% of college students. A number put forth by Rebecca Garage in 2010 a sociologist and news reporter from California. Luckily it is not too late.