RESEARCH PAPER TOPIC: SLEEP DEPRIVATION

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Research Paper Topic

Sleep deprivation is the topic I found most interesting to do my research paper on. Sleep deprivation is the situation or condition of suffering from lack of sleep. In this paper I will primarily focus on the side effects and dangers of sleep deprivation. Additionally, I will conduct further research on numerous treatments to decrease sleep deprivation. Moreover, the general idea of what causes sleep deprivation such as: school, stress, poor sleeping habits, and other factors. Some side effects I've discovered on sleep deprivation are constantly feeling tired and drained, behavioral or mood modifications, carelessness, and even depression. Depression, weight gain / loss and decline in productivity are also a few risks from sleep deprivation. Treatments are a vital component of reducing changes in the deprivation of sleep.

Some obvious treatments would be going to sleep when tired, maintain a regular sleep schedule, avoiding caffeinated substances, and exercising regularly. I chose this subject because in college learners, and specifically myself, sleep deprivation is a very prevalent problem.

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