

Niagara University Psychology Fair

Some effects of sleep loss

- ▶ Sleep deprivation can suppress immune cells that fight off viral infections and cancer.
- ▶ Chronic sleep debt alters metabolism and hormonal functioning in ways that mimic aging, contributing to obesity, high blood pressure, and memory impairment.
- ▶ Sleep deprivation also makes us irritable, slows performance, and impairs creativity, concentration, and communication.

Tips for better sleep

- ▶ Sleep on a regular schedule—rising at the same time every day—and limit or avoid naps.
- ▶ Exercise regularly (but not in the late evening), and avoid caffeine in the afternoon or later.
- ▶ Avoid popular quick fixes for insomnia—sleeping pills and alcohol—which can make things worse because they reduce REM sleep and can lead to tolerance.

Source: David G. Meyers (2009) *Psychology in Everyday Life*.

Epworth Sleepiness Scale

How likely are you to doze off or fall asleep in the following situations in contrast to just feeling tired? This refers to your usual way of life in recent times. Even if you have not done some of these things, try to work out how they would have affected you. Use the following 0 to 3 scale to choose the most appropriate number for each situation.

- 0 = I would **NEVER** doze or fall asleep in this situation.
1 = I have a **SLIGHT** chance of dozing or falling asleep.
3 = I have a **MODERATE** chance of dozing or falling asleep.
4 = I have a **HIGH** chance of dozing or falling asleep.

SITUATION

0-3 RATING

Sitting and reading

Watching TV

Sitting inactive in a public place.
For example, in the theatre or at a meeting

As a passenger in a car for an hour without a break.....

Lying down to rest in the
afternoon when circumstances permit.....

Sitting and talking to someone.....

Sitting quietly after a lunch.....

In a car, while stopped for a few minutes in traffic.....

Add up the scores. My total score is _____