

Effects of Sleep Deprivation on Cognitive Functioning in Adolescents

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Abstract. This study investigates the impact of sleep deprivation on cognitive functioning among adolescents. The article reviews current research linking insufficient sleep to impaired decision-making, memory, and attention in teenagers. It highlights the long-term consequences of chronic sleep deprivation on mental health and academic performance. The findings underscore the importance of prioritizing sleep for adolescent development and suggest interventions to promote healthy sleep habits.

Keywords: Sleep Deprivation, Cognitive Functioning, Adolescents, Mental Health, Academic Performance

Introduction

Sleep is a critical component of adolescent development, influencing cognitive and emotional functioning. However, modern lifestyles often lead to chronic sleep deprivation among teenagers. This article explores the effects of insufficient sleep on adolescents' cognitive abilities, including decision-making, memory, and attention. Current research indicates that sleep deprivation can have detrimental impacts on mental health and academic performance. The article reviews studies that outline these effects and discusses potential interventions to mitigate them. Emphasizing the need for awareness, it calls for strategies to prioritize sleep in adolescent routines.

This is a preliminary version. To read the full version of the article, please purchase a subscription.

References

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