

**WA #4**

Samantha Barash

Orientation to Psychology

02/11/2021

#### WA #4

Sleep deprivation is an endemic public health problem affecting people in all demographic profiles. Various researchers uncover several causes and effects of sleep deprivation. Significant causes of sleep deprivation are stress, depression, and substance abuse. This discussion post examines and compares empirical studies (Becker., 2008; Frenda et al., 2016) about sleep deprivation.

Craig M. Becker and his co authors (2008) explore the causal relationship between sleep deprivation and academic performance. In this study, the primary purpose was the critique and complement the existing writings about sleep deprivation. In sampling, the authors used random participants selected from 71 learning institutions. Their investigation found that people with healthy sleep patterns reported were likely to have engaged in physical activities, felt exhausted, and had a healthy BMI (body mass index). The results also indicated that males with healthy sleeping patterns had limited exhaustion, had lower back pain, and achieved better academic performance. Besides, the results establish that females with healthy sleep patterns experienced a fewer abusive relationship, were less likely to engage in substance abuse, and had more irregular broken bones. Regardless of the limitations, Craig M. Becker provide compelling results relevant to clinical practices and psychology.

On the other hand, Frenda et al. (2016) focus on the causal relationship between false confessions and sleep deprivation. In this study, sleep deprivation was the independent variable, while wrongful confessions were the dependent variable. The results provide evidence linking sleep deprivation to wrongful confessions. According to the investigation, sleep deprivation leads to 15%- 25% of wrongful confessions (Frenda et al., 2016). Therefore, this reveals that

some convictions lead to unfair condemnation of people that never committed a crime. The findings are the cause of an alarm in the criminal justice system and healthcare.

While the two studies have some limitations, they provide relevant results to address public health and criminal justice issues, including wrongful convictions and depression. Conclusively, the two articles provide compelling results about the adverse effects of sleep deprivation. Future studies should clarify the identified causal relationship in the studies.

#### References :

Becker, C. M., Adams, T., Orr, C., & Quilter, L. (2008). Correlates of quality sleep and academic performance. *Health Educator*, 40(2), 82-89.

<https://files.eric.ed.gov/fulltext/EJ863513.pdf>

Frenda, S. J., Berkowitz, S. R., Loftus, E. F., & Fenn, K. M. (2016). Sleep deprivation and false confessions. *Proceedings of the National Academy of Sciences*, 113(8), 2047-2050.

<https://www.pnas.org/content/113/8/2047.full>



