Department of Psychology
The University of Hong Kong
香港大學心理學系

Sleep Research Clinic and Laboratory

NEVER SLEEP ON A GOOD SLEEP

Importance of Sleep

ZZZ

risk in lots of health problems:
physical, mental, cognitive functions.....
LITERALLY EVERYTHING OF YOU!!!

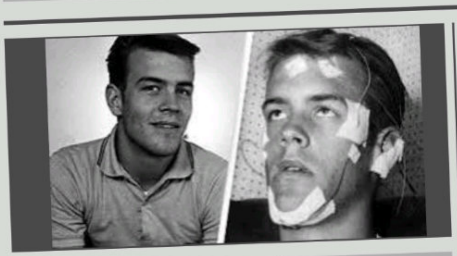
Circadian Rhythm

- the 24-hour internal clock in our brain that regulates cycles of alertness and sleepiness
- curtains and light bulbs cause light changes
  ->disturbed circadian rhythm
  ->MOOD DISORDERS

Appalling Present

- Middle school : 57.8% ✗ enough sleep
- High school : 72.7% ✗ enough sleep

Devastating Experiment

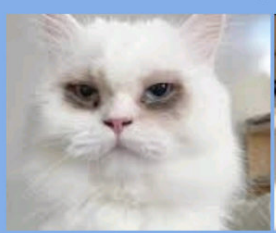
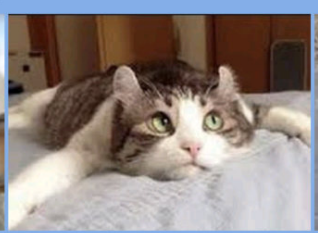


Randy Gardner

17-year-old undergone sleep deprivation for 11 days and 24 minutes

1963

"I forgot what I was doing." He was asked to subtract 7 repeatedly, starting from 100, he stopped at 65.

Serious cognitive and behavioural change was reported, including paranoia and hallucination.

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