

Sleep deprivation hurts your career more than it helps

By Deborah Sutton, Deseret News

Burning the midnight oil implies working overtime, long into the night, to get something done and ultimately to get ahead. But the belief that sacrificing a few hours of sleep for a few more hours of work will lead to higher achievement has been debunked by science.

“According to the Division of Sleep Medicine at the Harvard Medical School, the short-term productivity gains from skipping sleep to work are quickly washed away by the detrimental effects of sleep deprivation on your mood, ability to focus, and access to higher-level brain functions for days to come,” wrote Travis Bradberry for Forbes. “The negative effects of sleep deprivation are so great that people who are drunk outperform those lacking sleep.”

On Sunday, the National Geographic Channel in collaboration with the Public Goods Project and National Institutes of Health, aired a documentary about the silent and dangerous epidemic of sleep deprivation in America. “Sleepless in America” revealed that 40 percent of all Americans and 70 percent of adolescents are sleep-deprived.

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