



Sleep’s Effect on Your Interactions with Others



Poor Attention

Chronic sleep loss is associated with an inability to maintain focus during daily activities.



Lack of Impulse Control

Persistent sleep deprivation leads to decreased impulse control. Those who consistently experience inadequate sleep are more likely to make poor decision.



Decreased Socialization

Poor sleep quality is linked with changes seen at a neurological level. The desire to want to make connections decreases, leading to discomfort around socializing.



The effect of a lack of sleep on social interaction from a neurological view

	Planning phase	Interacting phase	Memorizing phase	Long-term
Social consequences	Desire for social interactions	Social withdraw/pain	Emotional distress	Social and emotional loneliness
Behavioral facts	Sleepiness, intrusive thoughts, social appeal	Negative emotional processing	Rumination Memory control	

Sources

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