

## Sleep Deprivation Enhances Academic Ability

It is a common misconception that sleep deprivation is detrimental to our mental and physical health. We, as high school students, are constantly told by those with questionable knowledge of the field that we must sleep for at least eight hours, another widely-accepted misconception - that happens to be false. While, in fact, lack of sleep can lead to functional impairment, a myriad of scientific, clinical studies points towards another conclusion altogether. Among teenagers, select psychiatrists have recently discussed the concept of zero sleep; clinical trials indicate that this tested and verified hypothesis cures depression, anxiety, and other disorders at an alarmingly high success rate.

Depression is a general term characterized by a variety of symptoms: spontaneous but brief periods of sadness and lack of motivation, eating disorders, fatigue, loss of concentration, social isolation, and more. This mainly self-diagnosed condition is induced primarily by stress due to academic workload.<sup>1</sup> One in every four teenagers is afflicted by depression, which comes at no [surprise](#) considering the inevitability of college applications and the seemingly endless cycle of essays; particularly onerous are those that require a modicum of thought and effort, which have been shown to violate essential principles of teenage psychology.<sup>2</sup> Teenagers tend to prioritize school over sleep for numerous reasons. To begin, teenagers simply enjoy doing what they enjoy doing; frankly, sleeping is not fun and therefore teenagers refuse to partake in this sacred, daily tradition dating back centuries.<sup>3</sup> Second, the choice of sleep over homework only results in incomplete assignments and a minimal sense of well-restedness, minimizing the chances to “ignite the light, and let it shine, just own the night, like the Fourth of July,” as all

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<sup>1</sup> Dimalig (2018), 22, citing a study by Rolfenstein (2013), 118 n.5.

<sup>2</sup> See e.g. Aristotle *Politics* 13.448b; Polybius *Histories* 6.13.

<sup>3</sup> Most of the evidence is anecdotal, but cf. [Baker](#) (2018).

teenagers desire.<sup>4</sup> Other factors, such as social or familial pressure, ultimately contribute to, but do not cause, depression among teens at equivalent levels to academic stress.

More important than the causes of depression are the cures and treatments, which may come at a surprise to millions of readers everywhere. Backed by completely reliable evidence, new research claims that [sleep deprivation](#) actually cures depression and anxiety, according to a very credible source.<sup>5</sup> Those who suffer from both depression and anxiety can relate to irregular sleeping patterns as a common symptom, therefore when one stays awake all night, there is no more irregularity. When there is no more irregularity in sleep, depression and anxiety will inevitably decrease, and when depression and anxiety decrease, academic stress will disappear - as the connection between stress and depression was referenced before. It's as simple as that. Contrary to the general assumption that increased sleep helps to cure depression, zero sleep has been clinically proven to get rid of depression completely - at the expense of minor [insomnia](#), utter loss of motor function, or slight [death](#) - according to studies by Borbély and Neuhaus, and Kato, Phillips, Sigurdsson, Narkiewicz.<sup>6</sup> Now that the true cure to depression has been discovered, some enlightening conclusions can be drawn.

Academic stress causes depression. Sleep deprivation cures depression. Sleep deprivation cures academic stress. With this mind-boggling knowledge, teenagers all around the world should and will be encouraged to pull all-nighters with increasing frequency - that is, if they want to decrease stress. Over time, as stress decreases, teenagers will tend to adopt more optimistic perspectives, expressing happiness and love for [school](#) instead of stress and depression. This positive attitude will do no less than improve academic ability, therefore solidifying the theory that sleep deprivation enhances academic ability.

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<sup>4</sup> [Perry](#) (2010).

<sup>5</sup> A very credible source.

<sup>6</sup> Borbély and Neuhaus (1979); Kato, Phillips, Sigurdsson, Narkiewicz (2000).