

"Think Twice Before Pulling Another All-Nighter" by Susanna Mejia

Sources

"Moderate Sleep Deprivation Produces Impairments in Cognitive and Motor Performance Equivalent to Legally Prescribed Levels of Alcohol Intoxication" Williamson and Feyer (2000)

long title!
psychology field

"Sleep Deprivation Impairs Object-Selective Attention: A View from the Ventral Visual Cortex" Lim, Tan, Parimal, Dinges, and Chee (2010)

neuroscience field

Author

seemed somewhat biased towards favoring the Psych article

this is possibly because it was easier to understand

BUT easier does not = better than

possible Linguistics Major

more closely linked to Psych (explaining the favoritism)

Both (what they have in common)

conduct experiments on human subjects to help compare cognitive skills the next day

- 1) after night of rest
- 2) after sleep deprivation
- 3) or after BAC of .05%

internal structure

sections starting with brief Abstract and Introduction

rely on empirical data to prove claim (not opinion)

use many references, neurosciences one uses direct quotes and specified content; psych one just repeated info

Moderate Sleep (psychology)

focus on effects of community

use of crossover random-control designed experiment

"simpler" aka aims towards a much larger audience

used more layman's terms

= less confusing to author

Linguistic Mode

used tables of information to display numerical data

Spatial Mode

focus on individuals

use of within-subject study

conducted using MRIs

higher level vocabulary

"Scientific jargon" according to author is "confusing" and = worse

Linguistic Mode

incorporated visuals of the MRI results to help communicate findings

Visual Mode

Sleep Deprivation (neurosciences)

Moderate Sleep (psychology)