

SYMPTOMS OBSERVED DURING CONSECUTIVE NIGHT OF SLEEP DEPRIVATION IN HUMANS

Duration of sleep deprivation	Symptoms
Night 1	Most people are capable of withstanding one-night sleep deprivation, although a slight discomfort may be experienced. 24-h sleeplessness does not alter behaviour; however, tremor and increased tonus, leading to impairment in precise movements, can be observed.
Night 2	A feeling of fatigue and a stronger need for sleep is persistent, especially between 3-5 a.m., when the body temperature reaches its lowest value.
Night 3	Performing tasks that require concentration and calculating may be impaired, particularly if the tasks are dull and repetitious. The volunteers become irritated and impolite in any instance of disagreement. During early-morning hours, the subjects experience an overpowering need for sleep. Remaining wakeful is possible only with the help of observers who wake the volunteers up if necessary.
Night 4	Prolonged microepisodes of sleep occur: the subjects discontinue their activities and stare into space; the delta waves are recorded in the EEG output signal, even if the person is awake. Sleep microepisodes impair performance of the tasks that require attention over a period of time. Subjects may also experience perception disorders, illusions, hallucinations, irritation, inaccuracy and the "hat phenomenon" (a feeling of pressure around the head).
Night 5	The symptoms become more intense and include disturbances in reasoning and orientation, visual and tactile hallucinations, fatigue, irritability and delusions. The subjects may exhibit distrust: suspecting that someone attempts to murder them is a characteristic syndrome at this stage. Intellectual and problem-solving abilities are considerably impaired.
Night 6	Participants develop symptoms of depersonalization and they are no longer capable of interpreting reality. This syndrome is known as the sleep deprivation psychosis (very rarely persisting after the termination of the experiment: it

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