



## Behavioral Consequences of Sleep Restriction

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### Message from the Guest Editors

Over the last century, the amount of sleep we get has been considerably reduced due to changes in our lifestyles brought about by the social obligations of modern society and the attractive leisure activities offered by our screens. This reduction in sleep quantity particularly affects certain professions. It generally leads to a drop in performance and increases the risk of accidents. It is therefore necessary to better characterize the effects of sleep deprivation on individual behavior. This Special Issue aims to advance the literature on "Behavioral Consequences of Sleep Restriction" from an interdisciplinary perspective. Therefore, we welcome contributions that expand our knowledge of the effects of total or partial sleep deprivation on physical or cognitive performance, and more generally on human behavior.

### Keywords :

sleep restriction  
sleep deprivation  
cognitive capacity  
psychological status  
countermeasure  
vigilance  
sleepiness  
alertness

