



□ FACULTÉ DES LETTRES, DES SCIENCES HUMAINES, DES ARTS ET DES SCIENCES DE L'ÉDUCATION

Health and Behaviour Update

Presentation

Moderate sleep restriction and circadian effects on social decisions

Abstract

Simple bargaining games are the foundation of more complex social interactions, and neuroscience findings have identified the importance of deliberative brain processes for social-decision making. Deliberative brain processes may be compromised as a result of adverse sleep or circadian states. Our study examined partial chronic sleep restriction and suboptimal times-of-day with a 3-week protocol. We experimentally manipulated and measured sleep in 184 young-adult subjects. The optimality of the time-of-day for decisions was also randomly assigned across subjects. Sleep restriction and suboptimal time-of-day are both estimated to either directly or indirectly (via an impact on sleepiness) reduce altruism, trust, and trustworthiness. We conclude that commonly experienced adverse sleep states, significantly reduce prosocial behaviors, and can limit benefits from short-term social interactions.

Professor David Dickinson

David Dickinson is a Professor of Economics and Senior Research Fellow at CERPA (Center for Economic Research and Policy Analysis) at Appalachian State University. He is also affiliated with the Institute for the Study of Labor (IZA) and the Economic Science Institute (ESI). His current research includes, among other things, a major program involving "sleep and decision making". His research has been regularly supported over the years by the National Science Foundation, and his work has appeared in *Games and Economic Behavior*, *Journal of Labor Economics*, *Experimental Economics*, *Behavioral Sleep Medicine*, and the *Journal of Sleep Research*, to name a few.

When: 23.04.16 at XXh / Where: Blackbox, MSH



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