

Stress and performance

Wilkinson (1963) provided data relevant to the Yerkes-Dodson hypothesis looking at the effects of noise and sleep deprivation. The numbers in the cells of the table illustrate increasing levels of arousal. So the condition of lowest arousal (1 in the table) would be being sleep deprived and carrying out an experiment without any noise. Whereas the highest level (4) would be people who'd had normal sleep and who had experienced noise.

The task was a continuous reaction time task and accuracy of performance was monitored.

	Quiet (low)	Noise (higher)
Sleep deprived (low)	1	2
Normal sleep (higher)	3	4



Sleep Arousal And Performance A Tribute To Bob Wilkinson

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