

The effect of sleep deprivation on communication skills during COVID-19 pandemic

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Editorial

The new Coronavirus (COVID-19) that first began in Wuhan, China in Dec 2019 can also be considered as a Communication Disruptive Virus to the public because it has unsettled all types of relationships between people. It has even had a high negative impact on sociality, communication, and cognition. Affected people have negatively encountered with physical and psychological health issues. These issues have engaged not only the infected patients, but also they have involved their caregivers and medical staffs. One of the most critical outcomes of these problems is sleep deprivation which mostly caused by increased negative emotions. The study which conducted in early stages of COVID-19 outbreak in China revealed that people resident inside the Wuhan city have had less sleep quality than people outside.¹ Deprived sleep has also been seen in self-isolated people² and medical staffs.³ Evidence declares that sleep deprivation can affect communication negatively in several ways. Communication deficits can happen following to negative influence of sleep deprivation include socio-emotional problems⁴ and cognitive impairments.⁵ For instance, studies have shown that people after a deprived sleep have weaker performance in verbal fluency task which demands language and executive function ability.⁶ Also, people with deprived sleep have shown impaired language comprehension.⁷ Consequently, increasing sleep deprivation caused by this pandemic which leads to more communication disorders seems to be inevitable. Therefore, serious consideration should be paid to this issue in future researches and also healthcare services.

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Conflicts of interest

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