Lack of sleep causes people to take risky decisions - and may even explain the global financial crash of 2008, claims 'alarming' study

- People whose sleep is cut back to five hours a night take risks without realising it
- Donald Trump sleeps for four or five hours a night, researchers said
- The authors say the results relate to politicians, bankers and business leaders
- Study suggests the rise in dangerous behaviour is because of changes in the brain caused by a lack of sleep

World leaders from Margaret Thatcher to Donald Trump have famously got by on just four or five hours of sleep a night.

But science now shows someone with their finger on the nuclear red button should really be getting a few more hours in bed.

Missing out on sleep causes people to take riskier decisions, a study has found, and can change them from a risk-averse to a risk-taking person.

Scroll down for video
WHAT DID THEY DO?

Researchers recruited 14 men aged 18 to 28 and subjected them to just five hours of sleep a night, while asking them to play a gambling game.

The participants could accept an automatic payment of 20 Swiss Francs (£16) or gamble for up to 100 Swiss Francs (£81).

The riskier their decision, the higher the possible prize in the game, although the study group could also end up with nothing.

As the week went on, 11 of the 14 men began to behave more riskily than previously, while six people who had been risk-averse changed their behaviour to become risk-seeking.

But when questioned how riskily they behaved over the week, the participants did not think their actions had changed.

The study suggests the rise in dangerous behaviour is because of changes in the brain caused by a lack of sleep.

The authors, who took brain scans during the tasks, found slow sleep waves were reduced in the right prefrontal cortex, which previous studies show is linked to higher risk-seeking behaviour.

She's not too Posh to fix! Cruz Beckham pokes fun at mum Victoria with sneaky snap of her failed attempt to get to grips with broken freezer

A new Dawn: Beloved comedienne French goes fancy for exquisite 60th birthday portrait... following seven stone weight loss transformation

Mel B exhibits eye-popping cleavage and rock hard abs in a TINY bikini as she amid divorce drama with Stephen Belafonte during Hawaii getaway

PICTURED: Rylan Clark is PHYSICALLY RESTRAINED during bitter row with Chris Hughes and Olivia Attwood... as flirty Katie Price feud rages on

'Unreal. Your stylist is the biz!' Holly Willoughby continues her winning sartorial streak in autumnal ensemble... yet covers her slender frame

Susanna Reid tries to keep Piers Morgan and Lord Sugar in check on GMB... as they trade body insults before weighing themselves LIVE for £5k bet

'It was like a scene from Taken': Spencer Matthews reveals he was forced to hide under a bed from Colonel Gaddafi's late son Mutassim

Revealed: How Harvey Weinstein threatened the careers of stars including Sienna Miller if they didn't wear his British wife's Marchesa label

Vicky Pattison makes a bleary-eyed exit from Specsavers bash... as she consoles newly-single pal Pete Wicks at star-studded event

'I pulled over and took my clothes off', Ex On The Beach's Chloe Goodman reveals traumatic moment she suffered miscarriage on the motorway

In a finding described as 'alarming' by the researchers, people whose sleep is cut back to five hours a night take these risks without realising they are doing so.

Asked if they are behaving more recklessly than usual or taking more chances, they say they are not.

The results emerged from a study of 14 men in a financial game, in which they gambled for a cash sum.

However the authors say the results also relate to politicians, bankers and business leaders – and may even help to explain the global financial crash of 2008.

Co-author Christian Baumann, professor of neurology at the University of Zurich, said: 'To some extent, these findings are frightening. There are people who can call themselves short-sleepers and keep their risky behaviour to a minimum but most of us increase our risk-taking when sleep-deprived.'

'We know Donald Trump sleeps for four or five hours a night, which these results suggest is concerning.'

'Politicians who take decisions of great importance for the world, and business leaders who think missing out on sleep makes them more productive, should take note.'

A lack of sleep is known to cause unease, dissatisfaction with life and a lack of motivation, but there have been few studies on risk-taking behaviour.

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World leaders such as Margaret Thatcher (pictured) have famously got by on just four or five hours of sleep a night. The study suggests the rise in dangerous behaviour is because of changes in the brain caused by a lack of sleep.

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Science now shows someone with their finger on the nuclear red button should really be getting a few more hours in bed (stock image)
The authors, who took brain scans during the tasks, found slow sleep waves were reduced in the right prefrontal cortex, which previous studies show is linked to higher risk-seeking behaviour.

'We assume that behavioural changes occur for anatomical-functional reasons to some extent as a result of the right prefrontal cortex not being able to recover properly due to a chronic lack of sleep,' Professor Baumann said.

Around 30 per cent of us do not get enough sleep and the study, published in the journal Annals of Neurology, ends with a warning.

It states: 'While we cannot exclude that individuals in positions that require high-impact decision-making may be more resilient to the effects of sleep restriction, our results suggest that all of us, but particularly leaders of companies and countries, are well advised to work and make decisions only when fully sleep-satiated.'
Missing out on sleep causes people to take risky decisions | Daily Mail Online

The financial crisis happened because the bankers could only see pound signs, even when dealing with the lowest income family. Their lack of sleep or otherwise was absolutely nothing to do with it.

Regardless of what kind of day I’ve had it’s 6 hours and *poof*, I’m awake. Maybe that’s why I’m productive, relatively healthy lives for as long as 10 years.” The FACT is, some people need 12 hours and there are those who could do very well on four, five, or six.

Not surprisingly, scientists often ignore the reality of “outliers”. I’ve never heard one say, “Typically this disease has a survival rate of about five years but remember this prognosis is based on a very large population and really can’t predict how long you’ll live. I’ve had patients that lived very long.”

Would you fall for a prank? Or is this article for real....

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We are no longer accepting comments on this article.
Mel Brooks’ granddaughter Samantha, 19, steals the show in velvet gown as she supports him at opening night of Young Frankenstein

Vogue Williams dons flirty minidress as she cosies up to Spencer Matthews... after he revealed he once ‘hid under a bed from Colonel Gaddafi’s son’

Almost famished! Kate Hudson can’t wait to wolf down her take-away food en route to her car during outing in West Hollywood

You can spot her from a mile away! Striking Naomie Harris flaunts her slim waist and honed legs in a stylish polka dot dress for event in London

Thigh-high club! Olivia Munn rocks a sexy pair of thigh-high boots and minidress as she catches red-eye flight out of Los Angeles

Happy mama! Proud Pink beams with joy as she and husband Carey Hart take their kids out for dinner in New York City

You’ve got e-mail? Casual Meg Ryan cackles with glee after checking her phone while out with John Mellencamp in New York City

Harvey who? Matt Damon jokes around with Jimmy Kimmel and hits the red carpet hours after being forced to DENY helping kill expose on Weinstein

Double denim! Hailey Baldwin flashes the flesh in black halter top and skimpy jean shorts as she is spotted with mystery man

American Horror Story: Cult opens with gunfire at shocking rally scene which was edited following Las Vegas massacre

Ouch! Bella Thorne posts gory ear piercing on social media before making out with new friend outside of tattoo shop in Los Angeles

Who’s the real star here? Elsa Pataky outshines husband Chris Hemsworth in skintight dress to premier of his new movie Thor: Ragnarok

What a repli-Kate! Royal fan creates
wardrobe IDENTICAL to the Duchess' for just a few hundred dollars by trawling second-hand stores

Belles of the ball! Diane Kruger, pregnant Nicky Hilton and Carey Mulligan make elegant arrival to Cartier jewelry launch in New York Glamorous

“You ready B?” Beyonce shares throwback of Bonnie & Clyde... 15 years after original release of hit track with her husband Jay Z

Cate Blanchett glitters in gold at Thor: Ragnarok premiere... as she commends women for coming forward against Harvey Weinstein

Geri Horner, 45, puts on a leggy display in bodycon mini dress and knee high boots as she leads the stars at watch event Legs eleven

In the pink! Tracee Ellis Ross makes a style statement with shimmery dress and white sneakers... after getting her nose hair waxed!

Selma Blair goes hell for leather in tight black pants as she takes her silver fox beau Ron Carlson to horror movie premiere Date night

The Only Way Is Essex: James 'Arg' Argent makes explosive return and confronts emotional Gemma Collins over THAT one-night stand in Marbella

X Factor's Chloe Paige puts on an eye-popping display in plunging bralet as she joins scantily-clad Lizzie Cundy at Indian restaurant anniversary

Audrina Patridge and Corey Bohan reach custody agreement of their daughter Kirra...after domestic violence investigation was dropped

EXCLUSIVE: "It's scary!" Pregnant Abbey Clancy admits fears that looking after third baby will be "hard work"... and reveals she REFUSES to work out

‘Celebs' go on the run and, with any luck, no one will find them: Christopher Stevens reviews last night's TV Celebrity Hunted is a 'fraudulent show'

Baby’s big debut! Kate is radiant in blue as she makes first public
appearance since announcing pregnancy to co-host Buckingham Palace reception

Hobo chic! Make-up free Katie Holmes showcases her creative side as she makes Halloween costumes for Suri out of cardboard boxes

'It's not easy': Colton Haynes reveals he just spent three weeks crying in bed as he details his two decades long battle with depression and anxiety

Abs-olutely fabulous! Victoria's Secret Angel Romee Strijd shows off toned stomach in tiny crop top on date with boyfriend Laurens
Top of the crops

The Littlest Avenger! Chris Evans brings his cute pet pooch to work as he dons a colourful bomber jacket to continue filming on set of Infinity War

'My heart goes out to all affected': 13 Reasons Why production shut down in wake of wildfires... as stars of Netflix drama tweet support

Charlotte McKinney exhibits her washboard abs in black sports bra while shopping at chic West Hollywood boutique

Making a spectacle of themselves! Love Island's Kem Cetinay debuts messy mop of curls as he shares an awkward kiss with Amber Davies

Watch What Happens Live: Carla Bruni rates Donald Trump's appearance a three out of 10 on Bravo chat show

Didn't see it coming? Megan McKenna risks awkward run-in with ex Pete Wicks as they join stars at glitzy Specsavers bash

'My beautiful girls, you grew up way too soon': The Apprentice's Jessica Cunningham pens heart-wrenching letter to her daughters about father's suicide

'I wasn't easy to work with': Demi Lovato recalls 'bender' that led to her PUNCHING her dancer... as she opens up about troubled years in Simply Complicated

The Voice US: Miley Cyrus makes 'her-story' with the first ever all-female team on NBC
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| 4 | 'My children look up to her!' Angelina Jolie and kids join famed primatologist Jane Goodall at documentary premiere
| 5 | Lily James draws co-star Jeremy Irvine in for a tight hug as they board a boat in Croatia to continue filming for Mamma Mia: Here We Go Again!
| 6 | 'I love the classics!': Caitlyn Jenner posts snap of her old Austin-Healey Sprite sitting next to daughter Kendall’s ’56 Corvette
| 7 | Former Made In Chelsea star Millie Mackintosh looks chic in floral blouse as she cosies up to smitten fiancé Hugo Taylor at Range Rover bash
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| 12 | Oh Courtney! Stodden dons crop top and leggings as she lies down on a grave while enjoying date with mystery man at a CEMETERY
| 13 | The look of love? Rocco Ritchie beams as he heads out in an oversized tweed jacket... amid claims he's

http://www.dailymail.co.uk/sciencetech/article-4830270/Missing-sleep-causes-people--...  11.10.2017
Mandy Moore wears three different outfits on busy press day... as she pledges support to those speaking out against Harvey Weinstein

Josh Brolin attends special Arizona screening of Only The Brave as wife Kathryn Boyd brings the glamour with midriff-baring low-cut outfit

Madonna shares a sweet hug with son David as they watch Portugal's World Cup qualifier... after moving to Lisbon to help footballer's career

"Rockin a few extra lbs!" Mario Lopez, 44, shares throwback snap of himself as a baby

She's so busy! Jennifer Garner covers up to do some beekeeping... after picking up coffee to go and training for new film role

"She's brilliant and accommodating": Kris Smith praises ex-partner Dannii Minogue and calls her an 'incredible mother' as they co-parent son Ethan

Princess Mary opts for another Japanese-inspired outfit - after she divided fashion critics the day before with her diplomatic dressing

Vote yes! Hugh Sheridan, Luke Hemsworth and Danielle Cormack appear in a new video and lead the Australian and Kiwi stars encouraging fans to support same-sex marriage

Cuddling up to Harvey Weinstein: The photos that will make uncomfortable viewing for so many of Hollywood's leading ladies

Harvey Weinstein accused of raping Asia Argento and forcing himself on Angelina Jolie, Gwyneth Paltrow, Rosanna Arquette and Mira Sorvino

"We need to eradicate this behaviour": Nicole Kidman becomes the latest celebrity to condemn Harvey Weinstein and applauds the women speaking out

Emma Watson 'stands by' sexually harassed women and is...
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shoulder floral blouse as she enjoys a sun-soaked stroll around LA

Green with envy! Elle Fanning looks pretty in a green A-line skirt and crisp blouse as she heads to set of Woody Allen film "Leggy lady!"

"Good times!": Alessandra Ambrosio flaunts her abs as she does Victoria's Secret workout with Gwyneth Paltrow's trainer Tracy Anderson

Is that you Nicole? Kidman looks unrecognisable as she appears on set in wig and unflattering leopard print top while filming "Boy Erased in Atlanta"

REVEALED: Brad Pitt once publicly confronted Harvey Weinstein after he "attacked" his then-girlfriend Gwyneth Paltrow

Rose McGowan tells Ben Affleck to "F*** off" after the actor breaks his silence to condemn Harvey Weinstein 19 years after Good Will Hunting Oscar

Heather Graham says Harvey Weinstein's first wife was aware he slept with other woman and details how he once alluded to an exchange of sex for a role

Leggy lady! Peta Murgatroyd dons denim cut-offs for Dancing With The Stars rehearsals with husband Maksim Chmerkovskiy "Sizzling siren"

Jodie Whittaker flashes a hint of cleavage in plunging black jumpsuit at star-studded ActionAid bash... as fans count down to her Doctor Who debut

Naughty but nice! Home And Away star Raechelle Banno leaves little to the imagination in a VERY sheer designer gown at Specsavers launch event

Not so boxing friendly! Tallia Storm dons SIX INCH stiletto boots and ab-flashing crop-top... despite the fact she is heading to gym class "Impractical"

"Very tragic": Rosie O'Donnell discusses her ex-wife Michelle Round's suicide... as she makes first public appearance since death at premiere of SMILF

"It felt like a holiday": Chris Hemsworth gushes over working with wife Elsa Pataky on...
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<td>beloved roles ahead of series return</td>
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<td>Louise Redknapp flaunts her svelte figure in skimpy stage ensembles in Cabaret shots... after saying Daisy Lowe helped her feel sexy again</td>
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<td>Debbie McGee, 58, dazzles in hot pink dress as she takes break from Strictly to attend opening night of Mel Brooks' Young Frankenstein</td>
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EXCLUSIVE: Nick Gordon on Bobbi Kristina two years after she was found in her bathtub as he tells DailyMailTV he’s not responsible for death.

Heidi Klum flaunts her enviable pins in thigh-skimming sequin dress as she confirms second fashion collection with Lidl. Leggy lady!

From music to movie stardom? Justin Bieber ‘wants to take acting seriously’ like his ex Selena Gomez who is filming latest Woody Allen drama.

‘It scared the s**t out of me’: Julianne Hough admits she was daunted by marriage before wedding to Brooks Laich... as she sizzles for Health magazine.

Pink rocks tartan stilettos with drop-crotch jeans in NYC... after calling husband Carey Hart ‘a wonderful dad and sometimes a terrible boyfriend’.

Suits you! Cressida Bonas flashes her midriff in a chic blazer and matching silk trousers as she attends the Double Date premiere in London.

Doctor Who: Lost episode Shada has been SAVED from the BBC archives with fourth Time Lord Tom Baker reprising role and shooting new scenes.

Precious cargo! The Queen and her three corgis board a plane in Aberdeen to return to London after her long summer break at Balmoral.

Johnny Depp says he would have ‘taken a bullet’ for Gerry Conlon in a touching tribute written in the forward of his late friend’s new book.

Smiling Sienna Miller shows off her toned legs in colourful leggings as she jogs through NYC... after wrapping successful Cat On A Hot Tin Roof run.

Jackie Chan's daughter comes out as a lesbian and thanks followers for their support after being ‘mocked’ by media in Hong Kong.

‘I overthink, I'm super-dramatic, I go from zero to 100’: Mila Kunis talks her flaws as she describes ‘happy’ home life with husband Ashton Kutcher.
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<td>Pregnant Brooklyn Decker shows off her shape in a black bardot dress as she bemoans the perils of swollen ankles.</td>
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<td>New mum Chanelle Hayes plans major surgery overhaul to shed four stone ahead of summer wedding.</td>
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<td>So in love!</td>
<td>Ansel Elgort and girlfriend Violetta Komyshan kiss courtside at a Knicks game in NYC's Madison Square Garden.</td>
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<td>Does she ever have a good day?</td>
<td>Slimmed down Holly Willoughby is showered with praise for her 'classy' look as she stuns in a statement coat and chic blouse.</td>
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<td>Sultry Kendall Jenner sizzles in a scanty sheer bra for her new Topshop lingerie collaboration with Kylie... but 'pregnant' sister is noticeably absent.</td>
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<td>I'm on her side 100 percent</td>
<td>Margot Robbie defends disgraced figure skater Tonya Harding who she plays in the new movie I, Tonya.</td>
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<td>'Pregnant' Kylie Jenner sends social media wild as fans claim she is alluding to 'sex of baby'... with followers branding her a 'tease'.</td>
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<td>Game Of Thrones: Final season facing MORE delays as newly-engaged Kit Harington and Rose Leslie's wedding will force filming to come to a halt.</td>
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<td>Teary Liz Hurley shares her 'enormous sadness' over her late grandmother's breast cancer battle - as she admits her family 'weren't there for her'.</td>
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<td>My heart is breaking</td>
<td>Emotional Star Wars fans are left 'in tears' as Carrie Fisher's beloved dog Gary watches her on screen in new The Last Jedi trailer.</td>
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<td>Baffled Brian Conley hits back at claims he is 'receiving special treatment from show employee brother'.</td>
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We are family! Carl Philip and Sofia of Sweden share their first official portrait as a foursome with sons Alexander and newborn Prince Gabriel.

Holding no punches! Exhausted Rita Ora collapses on a wooden bar as she works up a sweat during strenuous boxing session in New York.

Michelle Keegan reveals toll of Our Girl stunts on ‘bruised’ seven and a half stone frame... as she admits having NO CHOICE about new series.

Dancing With The Stars: Jordan Fisher scores first 10 of the season with emotional dance dedicated to his adoptive parents. Audience left in tears.

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