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**JUNE 24, 2011**

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## Lack of Sleep Leads to Unethical Conduct

People who cheated in an experiment had slept an average of **22.39 minutes less** the night before than noncheaters, according to research led by Christopher M. Barnes of Virginia Tech. The study, in which cheaters overreported their scores on a test in order to gain financial advantage, shows that low levels of sleep are associated with unethical behavior. Managers who demand results that require employees to stay up late and miss sleep may be increasing the likelihood that workers will fudge results and engage in other forms of cheating, the researchers suggest.

Source: Lack of sleep and unethical conduct

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