

Yes, people can lash out at others when they are physically tired because fatigue impairs the prefrontal cortex, which is responsible for self-control and suppressing aggressive impulses from the amygdala. This "slangry" state makes individuals more irritable, emotionally reactive, and prone to lashing out in ways they might later regret.

Why tiredness leads to lashing out:

- Impaired prefrontal cortex: The brain's "executive control center," the prefrontal cortex, loses some of its ability to regulate emotions and impulses when fatigued.
- Overactive amygdala: The amygdala, the brain's emotional center, can become more sensitive and reactive when you're tired.
- Weakened self-control: With the prefrontal cortex impaired, there's a reduced ability to override the strong emotional impulses from the amygdala, leading to less self-control and an increased likelihood of aggressive outbursts.
- "Slangry" state: The combination of sleep deprivation and anger, sometimes referred to as "slangry," can make people feel irritable and short-tempered, leading to overreactions to minor issues.

Signs you might be "slangry":

- Feeling irritable or grumpy.
- Losing your patience easily.
- Overreacting to small problems.
- Complaining more often than usual.
- Snapping at others, such as colleagues or partners.