

Effect of Sleep Deprivation on the Academic Performance and Cognitive Functions among the College Students: A Cross Sectional Study

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ABSTRACT

Background: Sleep is an important biological necessity. College students often have erratic sleep schedules, poor sleep hygiene and poor sleep quality, which might affect their performance and cognitive functions.

Objective: To find out the effect of sleep deprivation on the academic performance and cognitive functions among the college students.

Materials and Methods: A cross-sectional design. A self-administered paper questionnaire was administered of first-year through final-year BPT, BMLT and BMIT students. The grade point average was recorded for the academic performance.

Results: A total of 150 respondents, with a response rate of 75%, were obtained. 143 (95.3%) students obtained less than the recommended 7-8 hours of sleep. The students whose GPA was lower were associated with lesser sleep duration had sleep deprivation. The cognitive functions of college students like memory, attention, concentration was also impaired.

Conclusion: Academic performance and cognitive functions of the students who were sleep deprived was poor. . Hence, appropriate sleep is integral part of better academic performance and cognitive function.

Keywords: Sleep deprivation, academic performance, cognitive function, grade point average

INTRODUCTION

Sleep is defined as naturally recurring state of mind and body characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles and reduced interactions with surroundings.^[1] Sleep is crucial for proper brain function, an integral part of human health and life. It is crucial for learning, performance, and physical and mental health.^[2] The human body normally requires seven hours of night sleep and eight to nine hours of daily sleep.^[3,4]

Sleep deprivation is defined as obtaining inadequate sleep to support adequate daytime alertness. Sleep deprivation is inversely proportional to hours of sleep and it may have a substantial adverse effect on general health and quality of life.^[5,6]

Academic performance is defined as the extent to which a student has achieved their short or long-term educational goals. Cumulative Grade Point Average (GPA) and the results that the students have achieved in

their High school or Bachelor degree courses represent their academic performance. A cumulative grade point average is a calculation of the average of all a student's total earned points divided by the possible amount of points. Existing evidence does suggest an association between sleep and GPA. Students who obtained more sleep (long sleepers > 8 hours) had higher GPAs than short sleepers (< 6 hours).^[7]

Cognitive functions can be defined as cerebral activities that lead to knowledge, including all means and mechanisms of acquiring information. Cognitive functions encompass reasoning, memory, attention and language and lead directly to the attainment of information and, thus, knowledge. Chronic and acute sleep deprivation negatively impact thinking and learning.^[8]

The current study hypothesized whether the academic performance and cognitive functions of college students may or are not affect by sleep deprivation.

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Consequences of sleep deprivation Ritchie Edward Brown, Andrea Romigi, 2023-08-14 *Abstracts of Completed Research - Navy Medical Neuropsychiatric Research Unit*, 1973 **Sleep Deprivation** Clete A. Kushida, 2004-11-16

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Senate. Select Committee on Intelligence, 2014 This report includes the findings and conclusions as well as the Executive Summary of the final Study on the CIA's Detention and Interrogation Program with additional and minority views of members of the U S Senate The full Committee Study which totals more than 6700 pages remains classified as of 2015

Consciousness and Self-Regulation Gary Schwartz, 2013-11-11 The first and foremost concrete fact which every one will affirm to belong to his inner experience is the fact that consciousness of some sort goes on I William James 1893 We are witnessing today a mounting interest among behavioral and biological scientists in problems long recognized as central to our understanding of human nature yet until recently considered out of the bounds of scientific psychology and physiology Sometimes thrown into the heading of altered states of consciousness this growing research bears directly upon such time honored questions as the nature of conscious experience the mind body relationship and volition If one broadly views this research as encompassing the two interrelated areas of consciousness and self regulation one can find many relevant contemporary examples of creative and experimentally sophisticated approaches including research on the regulation of perception and sensory experience attention imagery and thinking emotion and pain hypnosis and meditation biofeedback and voluntary control hemispheric asymmetry and specialization of brain function drug induced subjective states and biological rhythms Because the material is spread over many different kinds of publications and disciplines it is difficult for anyone person to keep fully abreast of the significant advances The overall aim of the new Plenum Series in Consciousness and Self Regulation Advances in Research is to provide a scholarly forum for discussing integration of these diverse areas by presenting some of the best current research and theory

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