

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.

Sleep Deprivation Research Paper

Steven J. Ellman, John S. Antrobus



Sleep Deprivation Research Paper:

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

Exploring the wide array of structures substances and environments that are primary factors in the initiation or inhibition of sleep this reference highlights key findings from respected professionals around the globe on the social and economic burden of impaired performance productivity and safety arising from sleep deprivation studying pharm **Research Papers For Dummies** Geraldine Woods, 2011-03-08 From blank page to final draft this is your straightforward guide to research papers You re sitting at your desk in a classroom or in an airless cubicle wondering how many minutes are left in a seemingly endless day when suddenly your teacher or supervisor lowers the boom She wants a research paper complete with footnotes and a list of sources She wants accuracy originality and good grammar And gasp she wants ten pages You may be 16 years old or 60 years old but your reaction is the same Help Take heart A research paper may seem daunting but it s a far from impossible project to accomplish Turning research into writing is actually quite easy as long as you follow a few proven techniques And that s where Research Papers For Dummies steps in to help In this easy to understand guide you find out how to search for information using both traditional printed sources and the electronic treasure troves of the Internet You also discover how to take all those bits of information discarding the irrelevant ones and put them into a form that illustrates your point with clarity and originality Here s just a sampling of the topics you ll find in Research Papers For Dummies Types of research papers from business reports to dissertations The basic ingredients of a paper Introduction body conclusion footnotes and bibliography Note taking methods while doing research Avoiding plagiarism and other research paper pitfalls Defining your thesis statement and choosing a structure for your paper Supporting your argument and drawing an insightful conclusion Revising and polishing your prose Top Ten lists on the best ways to begin your research online and in print Research Papers For Dummies also includes an appendix that s full of research paper ideas if you re stuck If you re tasked with writing a research paper chances are you already have a lot of demands on your time You don t need another huge pile of papers to read This book can actually save you time in the long run because it gives you the easiest fastest and most successful methods for completing your paper **Sleep Deprivation, Stimulant Medications, and Cognition** Nancy J. Wesensten, 2012-08-23 Provides a critical review of stimulant medication literature regarding stimulant efficacy for restoring maintaining cognition during sleep loss **Sleep Disorders—Advances in Research and Treatment: 2012 Edition**, 2012-12-26 Sleep Disorders Advances in Research and Treatment 2012 Edition is a ScholarlyPaper that delivers timely authoritative and intensively focused information about Sleep Disorders in a compact format The editors have built Sleep Disorders Advances in Research and Treatment 2012 Edition on the vast information databases of ScholarlyNews You can expect the information about Sleep Disorders in this eBook to be deeper than what you can access anywhere else as well as

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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

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