GOOD SLEEP FOR BETTER LEARNING

by:
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One crucial benefit of sleep, as we all know, is productivity and cheerfulness. People who lack sleep can have unpleasant effects on your performance. You tend to be irritable and you have less concentration. Poor quality of sleep actually affects a particular brain area, a recent study shows.

A recent study published in Nature Communications reported about how the brain adapts to change and adapt to respond to a stimulus. The research was conducted by a team of researchers from The University of Zurich and the Swiss Federal Institute of Technology in Zurich, Switzerland. They found out that the motor cortex of the brain, responsible for developing and controlling motor skills, is affected when there is bother during the deep sleep phase or the slow-wave sleep. The brain’s ability to learn new things is affected specifically memory formation and processing.

The study concluded that poor sleep quality blocks the brain’s ability to learn. The participants showed that their performance in doing newly learned movements is at its peak in the morning but as the day progresses, they tend and continue to make mistakes repeatedly. When they are allowed a good sleep quality during that night, the performance does not significantly improve at all. The cause is that the neurons of the motor cortex did not rest as they normally would during good quality sleep or the normal restorative sleep. This is the first experiment that has given stable proof on the relationship between deep sleep and learning efficiency.
With this finding, encouraging good sleep among teaching and non-teaching personnel as well as the students should be included as part of a good health plan in schools. Good sleep motivators include healthy diet, proper exercise, good hygiene, conducive room and place to sleep, and relaxation techniques.

Drinking warm milk and taking a warm bath before going to bed is a classic. Eating grapes is also helpful. The bed does not need to be expensive. A good mattress with clean covers, fresh sheets and pillows, with good ventilation can ensure good sleep as well.

Good quality sleep can help promote quality productivity among personnel and good performance among students.

References: