IMPACT IN LEARNING OF SLEEP DEPRIVATION

by:
Rosemarie M. Cruz
Teacher III, Daan Pare Elementary School

In a classroom, there are some kids who are rather slow in picking up information. They have small span of attention and might always appear tired. This may be the cause of Sleep Deprivation and it is very common these days. Lack of sleep negates our ability to focus and learn. It makes our brain works slower and interfere with our long-term memory. It also makes us tired and often distracted. Kids also became moody and might lose temper when tired. There are a lot of negative impact not only in our learning but also in our health. That’s why sleeping is very important.

We all know that sleeping late affect our health greatly but many still chose to do so. Why is that? The number one factor contributing to this is the technology. Playing computer games, watching TV shows, and scrolling through social media on mobile devices are the examples of this. These activities are not harmful if done moderately. But doing this before bedtime greatly affect our ability to sleep. If a child can’t control these habits then it may be best to forbid them from using any gadgets an hour before sleeping.

Another reason for not being able to sleep at night is eating abundant meals before sleep. Meal time should be eaten before 7pm or three hours before bedtime. Food can signal wakefulness thus interfering with our ability to sleep. There are some food inducing sleep that can help ease hunger before bedtime like drinking a glass of milk or eating a banana. Caffeine at night should also be avoided if one has a hard time sleeping, these includes coffee and soda. To make sure a child won’t have any difficulty sleeping, try making an exercise routine for them. When they are tired during daytime then they will definitely have a good sleep at night.
Sleeping is a necessity most of us take for granted. Making kids sleep at right time will help them in their learning and it will also help them establish a good habit. It will make them healthier, more active, and happier.

References:

https://healthcare.utah.edu/the-scope/shows.php?shows=0_49he136u