MAJOR ROLE OF SLEEPING HABITS IN STUDENTS’ PERFORMANCE IN SCHOOL

by:
Dina B. Sanchez
Magsaysay National High School

Sleeping habits is one of the problems that educators, who have a direct contact to student, had figured out that could affect the performance and study habits of the students in school. Based on some studies, some students are struggling even in a very simple topic. Moreover, they have a hard time in absorbing and understanding the lessons. Restless and irritated students can be spotted easily as they display a bad behaviour during classes and even in sports. Mood swings and having bad temper are also observed. Does having a poor sleeping habit can be the reason for such behaviours?

According to Joseph Buckhalt (2007), a professor at Auburn University, College of Education, from the data that they have seen and analysed about sleeping habits of students, it shows that children especially teenagers do not get enough sleep. He also added that a person who doesn’t sleep well, can’t think well. Sleeping habits really affect the thinking ability of teenagers.

The Minnesota Center for Applied Research and Education Improvement had conducted a research about sleeping habits of students. They have observed and studied the learning patterns and sleep cycles of teenagers. They also conducted a study on teenager’s brain. At the end of the research, they have found out that teenagers who arrived at school with enough sleep and good rest have lower rates of tardiness, obesity, depression and absenteeism. On the other hand, students who are not well-rested have higher risks of dropping-out and involving to automobile accident. It is also included in their conclusion that high school students who acquire enough sleep perform better in school; they are very attentive to the teachers, they participate to discussion and can get higher grades. Most importantly, they display good relationship towards theirs peers and teachers.
As sleeping happens at home, parents are more responsible in the sleeping habits of their children. Here are the things parents must employ for their children to have a good night sleep.

1. Do not let their children take caffeinated drinks when it is already time for bed.
2. Restrict their social interaction at night through text messages and social media.
3. Teenagers must be disciplined and prohibit from drinking alcoholic beverages.
4. Know your children’s circle of friends.
5. Do not let them drink energy drinks that can cause excitement that could motivate them in doing things at night.
6. Limit the time for watching television and other things that can make them busy.

Parents and educators must work hand in hand for the better learning and welfare of the students. Teachers can help students how to manage their time especially at night. Encourage them to live a healthy lifestyle.

Reference:

https://sleepfoundation.org/sleep-topics/teens-and-sleep
https://www.auburn.edu/~buckhja/