QUALITY SLEEP IN STUDENTS ACQUIREMENTS

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Sleep is a necessity to us, especially for students during their stay in school. Acquirements and progress is possible having a sufficient sleep. Insufficient sleep may result to unhealthy life style and sometimes it can be lethal. Lack of sleep can decrease student’s concentration which leads to poor performance. When students have sufficient sleep they can enact utmost better. The well-rested brain can process learning and make them remember things based on their experience or memory.

Sleeps also affects a person’s mood. Students get easily annoy and exhausted. They also overfill and cram when they are deprived with sleep. They got low score. They are unable to answer simple question or finish a mental task given to them. When a person do not get enough sleep he/she is prone to diseases, injury or accident.

As a solution with the effects of sleep deprivation, students must practice a healthy sleeping habit. Students should have a relaxation technique giving them 8 to 10 hours of sleep. They should follow an unvarying sleep and wake up schedule. Parents should be strict with their children in implementing sleep schedule. They should be acquainted with quality sleep for student’s acquirements.
References: