SLEEP DEPRIVATION CAN LEAD TO SERIOUS PROBLEMS
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Sleep is a basic necessity of life. It plays a vital role in thinking and learning. If the students have lack of sleep their thinking and learning abilities is also affected. The students took them so hard in maintaining their focus especially in doing their performances. So, the result is failure.

Sleep deprivation may cause serious problems like diabetes, heart attack, stroke or any heart diseases. So many students are suffering especially those who are working students. Full effort in complying their school activities and requirements. Despite of their situations, they really try their very best in going to school in order to pass and promote for the next level.

Based on studies adult need to sleep 7 to 8 hours. Sleep at night and adolescence need about 10 hours. It helps the body to become more prepared for the whole day.

All the teachers, parents and DEPED should be aware that enough sleep and rest has a great factor in their academic performance. They provide interventions in improving their schedule or program to cope up in a learning process.

References:
https://www.nichd.nih.gov/health/topics/sleep/conditioninfo/sleep-deprivation
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3212860/