THE IMPORTANCE OF SLEEP TO LEARNING STUDENTS

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Sleep is an essential need of the body, right next to food. Sleep enables the body to reboot itself and start some healing processes. Sleep is the food of the brain. Sleep is very important for growing and learning children. On average teens should have at least 8 to 10 hours of sleep every night to maintain optimal brain capacity. But study show that about 15% of teens today only have about 8 hours or less of sleep on weekday, on weekends however, teens tend to sleep even less than 5 to 6 hours. With the distraction of mobile phones and the internet, some people really do forget the passage of time and before they know it, it is already so late. But is entertainment really worth all the negative effect of sleep deprivation?

The lack of sleep can affect the brain functions; it can dull the senses and focus of a person. It also slows down the natural reflexes and responses. Sleep deprived students have hard times listening, concentrating, and solving problems. They have hard time grasping lessons and new information, thus affecting their school performance. Without proper sleep students tend to be sluggish and slow on the up take of things. They have shorter temper and can easy lose their cool over simple complications. Which most of the time leads to more conflicts within the classroom? Imagine a whole classroom full of sleep deprived kids, chaos, absolutely chaotic. Aside from those effects, there are also some serious medical effects of lack of sleep that can ring some alarm bells.

Firstly, not enough sleep can cause acne breakouts and other skin conditions. The stress and the fatigue of not sleeping properly can drive the body to produce excessive hormones to compensate for the lack of enough rest. Sleep deprivation is also associated
to hypertension, diabetes, anemia, heart disease and even stroke. All of these conditions are due to the body trying so hard to counterbalance the effect of lack of sleep; higher blood pressure is the body’s way to still function through fatigue, the heart pumps more oxygen filled blood to keep the body from shutting down. The excessive pressure on the cardiac organ can lead to heart disorders and can even lead to cardiac arrest and stroke. Poor sleepers also eat half-hardly, often taking high sugar and caffeinated foods which in turn can lead to excessive weight gain and obesity. Without proper sleep, the body also can’t produce some essential substances like insulin and red blood cells.

The lack of sleep is also associated with depression and socio-emotional functions. Without the proper rest needed the brain can turn into itself, like a sort of self-distraction mode. In a sleep deprive state the brain can conjure phantom worries and problems; it can make imaginary difficulties and sensitivities. These worries and problems, albeit not true, can edge a person to depression and self-doubt.

Sleep deprivation can seem as a minor setback, but in a long haul, if the body is placed in the excessive amount of stress and pressure, it can be a huge issue that can result to even bigger problems. But all those can be prevented if only parents and guardians can regulate the sleep patterns of children and teens. It helps to set a ‘bed time’ and ‘wake up time’ which are fixed and not adjustable, this way the body clock can establish a permanent instinctual sleep pattern. This schedule should not be inter-changeable no matter what day it is, even in vacations. Almost always, parents become lux during school breaks regarding the sleeping schedule and allow children to stay up late and sleep in the next morning. This practice can mess up the body clock making it extra hard to reset it once the school starts again. Sleep is very imperative. It is more than just shut-eye, do not overlook it.
References:

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