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Sleep Deprivation and Student Academic Success

Ashley Plascencia Orozco

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Sleep Deprivation and Student Academic Success

Ashley Plascencia Orozco

Nebraska College Preparatory Academy

Omaha South High School 2022

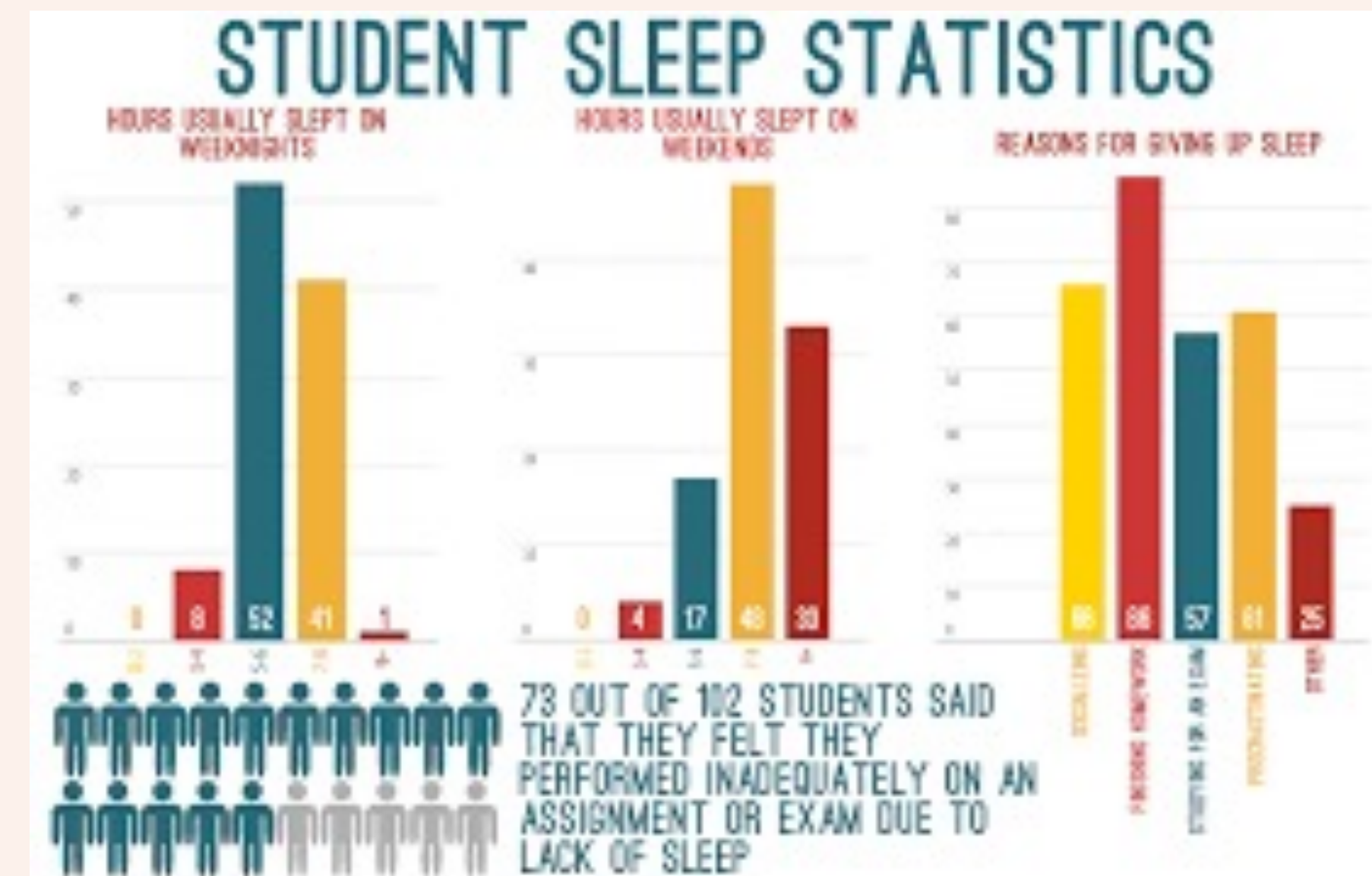
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Abstract

Sleep deprivation affects students health, education, and wellbeing. Minimal sleep affects students education in various ways and can negatively impact their education, learning environment and capacity to learn. Having a good sleep schedule can positively impact academic performance.

Early school start times cause a cycle of afternoon sleepiness, which can influence mood, conduct, and raise the risk of accidents or injury.



Conclusions & Discussion

Sleep deprivation can develop because of many factors. Research has found that sleep loss was negatively correlated with academic performance. They found that sleep-deprived students performed poorly on learning capacity skills such as attention, memory, and problem-solving tasks, and that the lack of sleep therefore affected their academic performance. Having this information about sleep deprivation can impact a entire school system and community, future research could address how a healthy sleeping schedule could impact one person's overall health and education

Key Points

- Early school hours are set in a cycle of afternoon sleepiness, which can influence mood, conduct, and raise the risk of accidents or injury
- Chronic sleep deprivation in adolescents diminishes the brain's ability to learn new information and can lead to emotional issues like depression and aggression.
- Some of the most serious potential problems associated with chronic sleep deprivation are high blood pressure, diabetes, heart attack, heart failure or stroke.

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