



Sleep: Important Function or Waste of Time - Сон: необходимость или трата времени?

Sleeping is essential in order for one to be a functional human being. There have been many different ideas about getting enough sleep, including that a person needs seven to eight hours of sleep nightly. One myth about sleep is that during sleeping, one is in a state of «suspended animation» basically a small coma. In truth, however, it has been discovered that during sleep the brain is active, variations in heartbeat and breathing occur, and the eyes and ears are active. These are important stages during sleep because they help that person be more aware, awake, and alert during consciousness. A student's sleeping pattern affect them during the day and with a few small steps can be prevented.

Memory, an important function to every student, is an element affected by lack of sleep. Short term memory, as well as long term memory, decreases. If a student has multiple tests in a given week, that student may be counterproductive if trying to study for too many hours. The student may actually be better off studying less and sleeping more depending on the person they might actually retain more. It is very difficult for sleepy participants to keep their attention fixed. As sleep deprivation is prolonged, the effects become more severe. Paranoia and aggressive behavior have been linked with the continuation of sleep deprivation when present for more than five continuous days. In the most extreme cases, sleep deprivation can be accompanied by misperceptions, illusions, and even hallucinations.

When examining sleep with students, many unusual sleeping patterns are observed. It is not unusual for a student to go to bed at 12 or one a.m. and wake at six or seven. This sleeping pattern can be disturbed when a student is overloaded with work and either stays up later than usual gets up earlier than usual. Here, the student's normal sleeping pattern is disturbed and the student may experience extreme tiredness during the day. With the demanding schedule that students have, the amount and time may vary greatly from night to night, affecting the way that they feel from one day to the next. Students are at a high-risk for sleep deprivation. Many factors of a student's life can lead to sleep deprivation, including their job excessive homework, a busy work schedule, and their activities at night. They put their academic and social wants in front of their body's needs and are affected negatively. These include caffeine, noise, irregular hours, job and work stress, money worries, pain, depression, alcohol, and medications.

Students can take several approaches to ensure a quality nights sleep, they can use earplugs to drown out noise, or headphones with soft quiet music to sleep too, drinking ice cold water a warm beverage before bed helps neutralize stomach acid and even hunger pains and growling. In extreme cases the student might need medical attention or a prescription. If over the counter drugs are used, they need to be monitored to help reduce the chance of dependency.

Research shows that sleep is a necessity in order for someone to be able to perform



at their maximum potential. Students are no exception to the rule and are often at a greater risk to suffer from conditions that accompany sleep deprivation. Regardless of the time period, a student must be well rested in order to perform at his or her best in terms of physical performance, memorization capabilities, and test-taking abilities. Also, without adequate sleep, the person will be more susceptible to illnesses, both mental and physical. In conclusion, I believe that sleep deprivation among students is extremely common and has a direct effect on how well that student will perform or feel.