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An entire diversity of pernicious factors affecting modern human's body can be observed, such as depletion of the environment, the rapid pace of modern life, malnutrition, constant stress and consistent disturbance of regime of the day. These factors may induce one to feel depressed, emotionally unstable and cause overall health deterioration. Ever-changing life circumstances do not provide a modern individual with a full sense of feeling of what could help to alleviate this strain.

Very often, due to a significant lack of time, people tend to interfere with their sleep regime, which has a truly detrimental effect on the body and its functioning. The modern youth, students, in particular, are relatively unconscious about their health. That, in turn, may break down sleeping cycle, as a consequence, causing nervousness, lack of attention, irritation and continuous fatigue, whilst they might not even suspect the reason for such inferior conditions. Scientific studies prove that sleep deprivation has a significant impact on student's efficiency and have major negative substantial decrements brought to their lifestyle and health (Léger, Massuel, Metlaine, 2006). Many students report on sleep disruption, as well as frequent use of recreational psychoactive drugs to shift their sleep-cycle and alertness.

Students who are classified as poor-sleepers are also noted with several physical and psychological problems, stating that academic stress negatively impacted their sleep (Lund, Reider, Prichard, 2010). This paper is intended to address to readers from education and health sectors. In order to analyze the stated problem, some desk research is to be conducted. The paper is

based on the primary and secondary sources found during research, giving a profound insight on the topic.

The framework of the paper has an argumentative character that will enable to demonstrate the significance of the dispute and determine the core methods for potential solution. For adolescents, sleep is an imperative part of life. During sleep, all the essential information received during classes is absorbed and processed by the brain that is why young adults need more physical rest in order to effectively accomplish their daytime tasks.

Therefore, it is essential for students to obtain energy from so-called short-term naps, helping students to retain as much knowledge as possible during education encounters. The following paper outlines the decisive causes and considerable consequences of sleep deprivation amongst students, analyzing how educational institutions are able to aid young adults in order to enhance their interest in studies and overall academic performance as, encouragement of the university and college policies and agenda along with the study curriculum that would reinforce the concept of adequate and healthy sleep regime, can have a profound beneficial impact on mental and physical health, learning dexterity, and general productivity of students.