The importance of sleeping for a student

Student life is quite busy; it is an amalgamation of socializing, studying and working. A lot of us get so involved in the activities life that we miss out on one very important factor – our sleep.

Most of us normally think that sleep deprivation before exams is not only normal but, in some cases, unavoidable. We stay up late and cram as much as we can before the exam in order to get good grades. However, what we do not realize is that by missing out on sleep we are actually doing ourselves huge disfavor.

Sleep deprivation causes, among other things, loss of focus, cognitive impairment, reduction in thought clarity, irritability and even memory loss. The importance of sleep cannot be stressed upon enough – it is imperative that we sleep in order to give our body its required rest as well as let our body repair itself.

I have come to the conclusion that to sacrifice my sleep in order to get good grades is a paradox. I would not be able to perform well if I have not slept for an adequate amount of time, especially right before an exam.

Therefore, I have decided that I will plan ahead and make a schedule quite a while before my exams start so that I am familiar with the topic that I am studying and will not have to stay up late to cram for the exam. This way I will make certain that I am well rested before my exam, thereby ensuring that I am focused and my grades do not suffer. What is more, this way I have ensured that I actually gain the most from my education and have a good learning experience, instead of just last night cramming sessions.