

“sleeping late at night
as factor affecting the
academic



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" Sleeping Late At Night As Factor Affecting The Academic Performance Of High School Students" Joaquin Carl F. Loyola IV-Integrity CHAPTER I The Problem And it's Settings INTRODUCTION Sleeping problems are almost always involved in mental disorders, including depression, alzheimer's disease, stroke as well as head injury. And symptoms are strongly influenced by the amount of sleep a person gets. Difficulties may arise from the drugs used to control symptoms of disorders, or from changes in the brain regions and neurotransmitters that control sleep. Going to bed late and waking up late appear to be just another part of how all or most adolescents are wired during that stage of life. This sleep pattern is not necessarily personality characteristics, a sign of laziness, or a desire stay up late even though many will spend the time partying or talking on the telephone. Early school start times do not mesh well with this stage of development. Although it makes sense that school-start times for adolescents would lead to better grades, more research is necessary to determine if this would actually occur. It is not only adolescents who have sleep problems that affects their education. In one study of 132 third, fourth, and fifth graders, 43% had sleep difficulties lasting more than six months. Those with the sleep difficulties were more likely to have failed at least one year of school than those without sleep difficulties. Most children need at least nine hours of restful sleep each night. However, for many reasons, school-aged children may receive less than the recommended amount. The reasons for this shortfall include the working, eating and bedtime patterns of students and their families, early school-start times, and childhood sleep disorders such as disrupted sleep from snoring or breathing pauses. Sleeping late at night affect the academic performance of the students because most of the students choose to play computer games, <https://assignbuster.com/sleeping-late-at-night-as-factor-affecting-the-academic/>

text with their friends or talking, watch movies, etc. Recent studies found that adolescents used multiple forms of technology late into the night, including gaming systems, cell phones, and computers. As a result, they demonstrated difficulty staying awake and alert throughout the day. Disrupting the normal sleep pattern, whether with technology or not, can reset the brain's circadian clock. A common problem, staying awake late and "sleeping-in" on the weekends, can make it difficult to fall asleep and wake-up during the week, so it is important to maintain a consistent schedule all week long. Parents can determine their children's individual sleep needs by helping them record their sleeping habits and issues in a sleep log. If the child is not alert and functioning properly during the day, sleep length should be gradually increased or decreased, or his or her bedtime routine should be adjusted. Technology should be removed from the bedroom. Insufficient sleep and poor sleep habits have been linked to health problems such as obesity, cardiovascular disease, diabetes, depression, moodiness or irritability, reduced memory functioning, and delayed reaction time. Review Of Related Literatures " There has been an avalanche of studies in this area. It's moving very rapidly," said Emmanuel Mignot of Stanford University, who wrote an editorial accompanying the new obesity study in the October issue of the journal Sleep. " People are starting to believe that there is an important relationship between short sleep and all sorts of health problems." Not everyone agrees, with some experts arguing that any link between sleep patterns and health problems appears weak at best and could easily be explained by other factors. " There are Chicken Little people running around saying that the sky is falling because people are not sleeping enough," said Daniel F. Kripke of the University of California at San Diego. " But everyone

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knows that people are getting healthier. Life expectancy has been increasing, and people are healthier today than they were generations ago." Other researchers acknowledge that much more research is needed to prove that the apparent associations are real, and to fully understand how sleep disturbances may affect health. But they argue that the case is rapidly getting stronger that sleep is an important factor in many of the biggest killers. " We have in our society this idea that you can just get by without sleep or manipulate when you sleep without any consequences," said Lawrence Epstein, president of the American Academy of Sleep Medicine. " What we're finding is that's just not true." While many aspects of sleep remain a mystery -- including exactly why we sleep -- the picture that appears to be emerging is that not sleeping enough or being awake in the wee hours runs counter to the body's internal clock, throwing a host of basic bodily functions out of sync. " Lack of sleep disrupts every physiologic function in the body," said Eve Van Cauter of the University of Chicago. " We have nothing in our biology that allows us to adapt to this behavior." The amount of necessary sleep varies from person to person, with some breezing through their days on just a few hours' slumber and others barely functioning without a full 10 hours, experts say. But most people apparently need between about seven and nine hours, with studies indicating that an increased risk for disease starts to kick in when people get less than six or seven, experts say. Scientists have long known that sleep disorders, such as sleep apnea, narcolepsy and chronic insomnia, can lead to serious health problems, and that difficulty sleeping may be a red flag for a serious illness. But the first clues that otherwise healthy people who do not get enough sleep or who shift their sleep schedules because of work, family or lifestyle

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may be endangering their health emerged from large epidemiological studies that found people who slept the least appeared to be significantly more likely to die. " The strongest evidence out there right now is for the risk of overall mortality, but we also see the association for a number of specific causes," said Sanjay R. Patel of Harvard Medical School, who led one of the studies, involving more than 82, 000 nurses, that found an increased risk of death among those who slept less than six hours a night. " Now we're starting to get insights into what's happening in the body when you don't get enough sleep." Related Study Physiologically, sleep paralysis is closely related to REM atonia, the paralysis that occurs as a natural part of REM (rapid eye movement) sleep. Sleep paralysis occurs either when falling asleep, or when awakening. When it occurs upon falling asleep, the person remains aware while the body shuts down for REM sleep, and it is called hypnagogic or predormital sleep paralysis. When it occurs upon awakening, the person becomes aware before the REM cycle is complete, and it is called hypnopompic or postdormital.[9] The paralysis can last from several seconds to several minutes, with some rare cases being hours, " by which the individual may experience panic symptoms"[10] (described below). As the correlation with REM sleep suggests, the paralysis is not entirely complete; use of EOG traces shows that eye movement is still possible during such episodes. When there is an absence of narcolepsy, sleep paralysis is referred to as isolated sleep paralysis (ISP). In addition, the paralysis may be accompanied by terrifying hallucinations, hypnopompic or hypnagogic and acute sense of danger.

CHAPTER II Research Methods and Procedure

Research Design This study will use the descriptive research, general to specific wherein it will include all those studies that will support to represent <https://assignbuster.com/sleeping-late-at-night-as-factor-affecting-the-academic/>

facts concerning the nature and status of the school. It is concerned with the condition of relationships that exist; practices that prevail; processes that are going on; effects that are being felt, or trends that are developing

Research Locale The student of different companies consisting of 40 employees will be chosen as the study’s respondents. The office is located at #27 Aurora Drive, Vergonville Subdivision, Las Piñas City. Research instruments Questionnaires will be used as the chief instrument for data gathering; interviews Will also be conducted.

Population and Sample The respondents will be taken from the School of St. Therese. The total number of respondents that will be used in study will be 30 employees.

Sampling Technique In using the sampling technique, the size will be standardized by calculating the total population of individuals, then dividing it to any sample. The formulas will be as follows: $\text{Percentage} = \frac{N_i}{N} * 100\%$

Data Gathering Procedure The researchers will first identify the title of the study. A letter of request will be prepared Addressed to the Principal of the School. Questionnaires will be distributed to the students of the school; data gathered will be grouped, tabulated, analyzed and interpreted.