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SLEEP HYGIENE AND ITS IMPACT ON THE ACADEMIC PERFORMANCE, HEALTH AND PRODUCTIVITY

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Relevance. With the digital technologies development and their strong influence on all society areas, constant stress often leads to a lack of sleep, which, in turn, causes a significant decrease in work efficiency, deterioration in concentration, and negative impacts on health.

Sleep disorder is one of the most common pathologies in modern society. Most students have problems with the curriculum, as well as some health issues. Many people do not even realize that ordinary sleep can significantly affect their body functioning, especially its nervous system, as well as cause failures in education or work and even influence mood. Medical students are at high risk due to more intensive learning, more information and stress. In this research the sleep level impact and student well-being and productivity quality are observed.

Aim:

1. To consider the main studies and aspects concerning healthy sleep and its role in human life.
2. To analyze the survey statistics on the sleep number and quality among students.
3. To identify the relationship between sleep quality, academic performance and student's health.
4. To formulate the sleep hygiene principles.

Materials and methods. The data from an anonymous survey among students aged 17–23 of the Belarusian State Medical University were used as the material. Questions covering sleep duration on weekdays and weekends, sleep quality, morning well-being, academic performance, concentration, fatigue, stress levels, and the subjective perception of the impact of sleep on grades were included into the data collection. Responses were analyzed using descriptive statistics to identify relationships between sleep hygiene indicators and academic performance, productivity, and health.

Results and their discussion. The respondents' age group was 17-23 years old. Most of the questioned noted that they slept about 5-6 hours on weekdays (43 %). Of these, the main mass woke up at 6 a.m. and fell asleep around 12 or 1 a.m. On weekends, sleep was more than 9 hours, almost twice longer. According to the survey results, only 13.3 % of the students felt refreshed and energized in the morning. The academic performance data revealed that 46.1 % of the interviewed evaluated their abilities as average, while another 39.1 % as moderately high. Similarly, concentration while studying was classified as average (3 on the five-point scale) by exactly ½ of the students. Those features suggested that maintaining the cognitive function high level could be challenging for the student's significant portion. Energy tiredness and lack were a pervasive problem: totally 62.5 % of students reported feeling tired or lacking energy "often" (42.2 %) or "always" (20.3 %) during the school day. That directly correlated with academic performance and productivity, as 60.2 % of the students revealed sometimes or often making mistakes due to the fatigue or inattention. The high error rate directly impacted the academic performance and work quality. The overwhelming majority (74.3 %) reported that their sleep had directly influenced their grades. Furthermore, high stress levels were also common problem among the surveyed students: 40.7 % of the respondents stated very high stress levels over the past week. The night shifts impact also plays a significant role, especially for the senior students who shared health problems associated with the sleep lack. That pointed to the correlation between poor sleep and increased stress, which impacted the nervous system.

Conclusions. Based on the study results, sleep hygiene is figured out to play a decisive role in the students' lives and people in general, directly impacting their academic performance, productivity, and health. Creating optimal sleep conditions, establishing a routine, preserving the gadgets use before bed, maintaining a healthy lifestyle, and promptly seeking help from specialists for health issues are the physical and mental health foundations, achieving goals, and improving productivity in any field.