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THE IMPACT OF SLEEP DEPRIVATION ON EXAM RESULTS

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Relevance. We spend approximately one-third of our lives sleeping; it helps us recover and consolidate memory traces of information received during the day. In student life, it is very difficult to maintain a balance between sleep and studying: students often sacrifice one for the other. This, in turn, affects academic results. Studying sleep and its impact on information retention is an important issue in today's world, where the volume of knowledge is constantly growing and students have to memorize an increasing amount of highly precise data.

Aim: to investigate the effect of sleep on information retention by conducting a survey among students of Belarusian State Medical University in order to establish the relationship between exam results and the quality of preceding sleep.

Materials and methods. The material for this scientific work was the survey data collected among first- and second-year students of Belarusian State Medical University. The survey was conducted with the help of Google Forms platform.

Results and their discussion. After conducting the survey, it was found that only 48.1% of students sleep from 5 to 7 hours the night before the exam; the rest sleep either less than 4 hours (7.4%), or vary this amount depending on the day of the exam. During a regular academic week, according to the survey results, all the students sleep from 4 to 7 hours, but the majority, namely 33.3%, sleep from 5 to 6 hours in average. It turned out that one third of the respondents stay awake all night before at least one exam, while the rest choose to sleep before an exam. Also, based on the obtained results, more than 60% of students rate their sleep quality as above average, and in the case of sleep deprivation, all respondents note the same negative impact on the learning process. As a result of the survey, it was found that the amount of sleep before an exam does affect successful passing of that exam (more than two thirds of failures occurred either after a lack of sleep or after an extremely small amount of sleep).

Conclusions. This study has shown that sleep really affect academic performance in different ways. Approximately two thirds of the respondents do not experience sleep problems during regular academic weeks. In the case of sleep deprivation, people note the same consequences. As a result of the survey, it was found that the sleep duration before an exam does affects passing of that exam.