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CONNECTION BETWEEN SLEEP TIME AND BRAIN ACTIVITY

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Introduction. Every day people face different tasks and problems. Their solving is not easy as it is a multistage process, including analysis of the received information, its comparison with stereotypes and determination of consequence. People can do this due to brain activity allowing them to control the circadian rhythm or “internal clock” and basic survival functions (breathing, heart rate, and body temperature). Sleep patterns change with age and at the same time vary significantly in individuals of the same age. It seems that in students stress is the major factor affecting sleep quality and duration.

Aim of the study: to study the brain activity during sleep and assess connection between the amount of sleeping time and academic achievements of the students of the Pharmaceutical Faculty, BSMU.

Materials and methods. On the basis of the composed questionnaire data were collected and statistical analysis was made.

Results. Fifty first-year students of the Pharmaceutical Faculty participated in the research. The following findings were received: 30% of the participants sleep 5 hours, 50% – 6 hours, 18% – 7 hours and 2% – 8 hours.

Conclusion. Our study of students’ sleeping habits revealed that in spite of the fact that practically all students know that sleep restores the body’s energy and helps improve thinking skills, they sleep less than required, because of stress, their desire to get higher grades and improve their skills in different scientific areas. But the importance of sleep cannot be overestimated and sleep deprivation may sooner or later contribute to poor concentration resulting in lower academic outcome and overall poor health.