

# Effect of Sleep Deprivation on the Academic Performance and Cognitive Functions among the College Students: A Cross Sectional Study

Sumi Rose<sup>1</sup>, Sonumol Ramanan<sup>2</sup>

<sup>1</sup> Assistant Professor

<sup>2</sup> BPT Internee

College of Physiotherapy  
Acharya Institute of  
Health Sciences  
Bangalore, Karnataka, India.

## CORRESPONDENCE :

<sup>1</sup> Sumi Rose, MPT

Asst. Professor  
College of Physiotherapy  
Acharya Institute of  
Health Sciences  
Bangalore  
Karnataka, India.  
E-mail: rosemp6@yahoo.com

## ABSTRACT

**Background:** Sleep is an important biological necessity. College students often have erratic sleep schedules, poor sleep hygiene and poor sleep quality, which might affect their performance and cognitive functions.

**Objective:** To find out the effect of sleep deprivation on the academic performance and cognitive functions among the college students.

**Materials and Methods:** A cross-sectional design. A self-administered paper questionnaire was administered of first-year through final-year BPT, BMLT and BMIT students. The grade point average was recorded for the academic performance.

**Results:** A total of 150 respondents, with a response rate of 75%, were obtained. 143 (95.3%) students obtained less than the recommended 7-8 hours of sleep. The students whose GPA was lower were associated with lesser sleep duration had sleep deprivation. The cognitive functions of college students like memory, attention, concentration was also impaired.

**Conclusion:** Academic performance and cognitive functions of the students who were sleep deprived was poor. . Hence, appropriate sleep is integral part of better academic performance and cognitive function.

**Keywords:** Sleep deprivation, academic performance, cognitive function, grade point average

## INTRODUCTION

Sleep is defined as naturally recurring state of mind and body characterized by altered consciousness, relatively inhibited sensory activity, inhibition of nearly all voluntary muscles and reduced interactions with surroundings.<sup>[1]</sup> Sleep is crucial for proper brain function, an integral part of human health and life. It is crucial for learning, performance, and physical and mental health.<sup>[2]</sup> The human body normally requires seven hours of night sleep and eight to nine hours of daily sleep.<sup>[3,4]</sup>

Sleep deprivation is defined as obtaining inadequate sleep to support adequate daytime alertness. Sleep deprivation is inversely proportional to hours of sleep and it may have a substantial adverse effect on general health and quality of life.<sup>[5,6]</sup>

Academic performance is defined as the extent to which a student has achieved their short or long-term educational goals. Cumulative Grade Point Average (GPA) and the results that the students have achieved in

their High school or Bachelor degree courses represent their academic performance. A cumulative grade point average is a calculation of the average of all a student's total earned points divided by the possible amount of points. Existing evidence does suggest an association between sleep and GPA. Students who obtained more sleep (long sleepers > 8 hours) had higher GPAs than short sleepers (< 6 hours).<sup>[7]</sup>

Cognitive functions can be defined as cerebral activities that lead to knowledge, including all means and mechanisms of acquiring information. Cognitive functions encompass reasoning, memory, attention and language and lead directly to the attainment of information and, thus, knowledge. Chronic and acute sleep deprivation negatively impact thinking and learning.<sup>[8]</sup>

The current study hypothesized whether the academic performance and cognitive functions of college students may or are not affect by sleep deprivation.

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### **Table of Contents Research Paper On Sleep Deprivation**

1. Understanding the eBook Research Paper On Sleep Deprivation
  - The Rise of Digital Reading Research Paper On Sleep Deprivation
  - Advantages of eBooks Over Traditional Books
2. Identifying Research Paper On Sleep Deprivation
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Research Paper On Sleep Deprivation
  - User-Friendly Interface
4. Exploring eBook Recommendations from Research Paper On Sleep Deprivation
  - Personalized Recommendations
  - Research Paper On Sleep Deprivation User Reviews and Ratings
  - Research Paper On Sleep Deprivation and Bestseller Lists

5. Accessing Research Paper On Sleep Deprivation Free and Paid eBooks
  - Research Paper On Sleep Deprivation Public Domain eBooks
  - Research Paper On Sleep Deprivation eBook Subscription Services
  - Research Paper On Sleep Deprivation Budget-Friendly Options
6. Navigating Research Paper On Sleep Deprivation eBook Formats
  - ePub, PDF, MOBI, and More
  - Research Paper On Sleep Deprivation Compatibility with Devices
  - Research Paper On Sleep Deprivation Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Research Paper On Sleep Deprivation
  - Highlighting and Note-Taking Research Paper On Sleep Deprivation
  - Interactive Elements Research Paper On Sleep Deprivation
8. Staying Engaged with Research Paper On Sleep Deprivation
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Research Paper On Sleep Deprivation
9. Balancing eBooks and Physical Books Research Paper On Sleep Deprivation
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Research Paper On Sleep Deprivation
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Research Paper On Sleep Deprivation
  - Setting Reading Goals Research Paper On Sleep Deprivation
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Research Paper On Sleep Deprivation
  - Fact-Checking eBook Content of Research Paper On Sleep Deprivation
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

### 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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