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Sleep Deprivation Among College Students

Sleep Deprivation Among College Students Introduction

A college student that wants to receive that good grade point average at the end of the semester does not always receive the recommended six to eight hours of sleep every night. Not only is sleep just something we need, it is a necessity and is needed to keep our bodies healthy. This, as a college student, is a very typical way to get through four years of school, a lack of rest and a lot of homework. As a college student, we tend to spend more time in the library and socializing than to even think about laying our heads on our pillows, but while trying to sleep, a thousand things race through our minds as of how much we have to do the next day. Bridget Bosworth, in her essay "Are Tarleton Freshmen Sleep Deprived, and Why?

A Survey Analysis," states the issues of sleep deprivation of freshmen males and females, ages eighteen to fourty-one, on campus. Bosworth states "What most people do not realize is how crucial a good night's sleep is to our bodies. In fact, sleep is a necessary factor to sustain life" (76). As well as, talking about what factors contribute to college freshmen's lack of sleep, such as, homework, socialization, and involuntary sleep deprivation. It is a given that there are more factors that cause sleep deprivation, but these are the main reasons in college students. After reading this article, I agree with Bosworth on her reasons why college students do not sleep because it points out exactly what college students do with their free time.

The Gift that Never Stops Giving

Homework; books, essays, etc. that make your life seem never ending, and one of the main reasons why college freshmen at Tarleton are sleep deprived. In Bosworth's article she talks about how being up late doing homework is a college student's main reason for sleep deprivation. In her article, Bosworth states "Another reason that students are losing sleep trying to get their homework is that they work all day and only have time to do it at night" (79). I agree with this quote because students that are juggling a job, Greek life, sports, and trying to manage good grades are all most likely sleep deprived. Having multiple things going on while going to college is a difficult thing to manage, but people that have to pay for their own schooling have to work. In the article "College students' homework and academic achievement: The mediating role of self-regulatory beliefs," written by Anastasia Kitsantas and Barry J. Zimmerman, they explain how homework in all grade levels is time consuming. Kitsantas and Zimmerman state that "Students reported that on the average approximately 4 hours and 25 minutes of homework in length were given daily." There are only so many hours in a day, and when students are overwhelmed with their studies and homework, there is only be so much available time to sleep. Without knowing how to manage time, students wait until

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Ronda Hughes

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Sleep Deprivation and Cognition, 2019-05-06 Sleep Deprivation and Cognition Volume 247 the latest release in the Progress in Brain Research series covers the effects of sleep deprivation with this new release featuring sections on the Impact of sleep deprivation on long term memory Adolescent sleep restriction effects on cognition and mood Self regulation and social behavior during sleep deprivation Experiential decision making and the effects of sleep loss Sleep deprivation and dynamic attentional control a Pharmacogenetic approach to understanding sleep deprivation and cognition Neuroimaging of functional connectivity in the sleep deprived brain what does it tell us and more Brings together scientists working in the area of sleep deprivation with scientists involved in research and theory in cognitive neuroscience Fosters theory driven research on sleep loss and cognition while also advancing a general understanding of cognitive neuroscience Provides a foundation for the design of countermeasures to prevent human errors and accidents caused by sleep loss

Consequences of sleep deprivation Ritchie Edward Brown, Andrea Romigi, 2023-08-14 **Sleep Deprivation** Clete A. Kushida, 2004-11-16 Exploring the wide array of structures substances and environments that are primary factors in the initiation or inhibition of sleep this reference highlights key findings from respected professionals around the globe on the social and economic burden of impaired performance productivity and safety arising from sleep deprivation studying pharm

Abstracts of Completed Research - Navy Medical Neuropsychiatric Research Unit ,1973 Sleep Deprivation, Stimulant Medications, and Cognition Nancy J. Wesensten, 2012-08-23 Sleep Deprivation Stimulant Medications and Cognition provides a review synthesis and analysis of the scientific literature concerning stimulant medications and neurobehavioral performance with an emphasis on critically evaluating the practical utility of these agents for maintaining cognitive performance and alertness in sleep deprived but otherwise healthy individuals The book explores the nature of sleep loss induced cognitive deficits neurophysiologic basis of these deficits relative efficacy and limitations of various interventions including non pharmacological and implications for applying these interventions in operational environments commercial and military Readers of this volume will gain a working knowledge of Mechanisms contributing to sleep loss induced cognitive deficits Differential effects of stimulant compounds on various aspects of cognition Considerations such as abuse liability when applying stimulant interventions in operational settings Current state and future directions for including stimulants in comprehensive fatique management strategies. This text is key reading for researchers and trainees in sleep and psychopharmacology **Encyclopedia of Sleep** ,2013-01-17 In a world of 24 hour media saturation sleep has become an increasingly fraught enterprise The award winning four volume Encyclopedia of Sleep Four Volume Set is the largest reference either online or in print on the subject of sleep Written to be useful for the novice and the established researcher and clinician Topic areas will include sleep across the life cycle and in other species sleep and women sleep and the elderly pediatric sleep sleep deprivation and loss sleep mechanisms sleep physiology and pathophysiology sleep disorders

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Rhona Flin, Paul O'Connor, 2017-05-15 Many 21st century operations are characterised by teams of workers dealing with significant risks and complex technology in competitive commercially driven environments Informed managers in such sectors have realised the necessity of understanding the human dimension to their operations if they hope to improve production and safety performance While organisational safety culture is a key determinant of workplace safety it is also essential to focus on the non technical skills of the system operators based at the sharp end of the organisation These skills are the cognitive and social skills required for efficient and safe operations often termed Crew Resource Management CRM skills In industries such as civil aviation it has long been appreciated that the majority of accidents could have been prevented if better non technical skills had been demonstrated by personnel operating and maintaining the system As a result the aviation industry has pioneered the development of CRM training Many other organisations are now introducing non technical skills training most notably within the healthcare sector Safety at the Sharp End is a general guide to the theory and practice of non technical skills for safety It covers the identification training and evaluation of non technical skills and has been written for use by individuals who are studying or training these skills on CRM and other safety or human factors courses The material is also suitable for undergraduate and post experience students studying human factors or industrial safety programmes Handbook of Sleep Research, 2019-06-21 Handbook of Sleep Research Volume 30 provides a comprehensive review of the current status of the neuroscience of sleep research It begins with an overview of the neural hormonal and genetic mechanisms of sleep and wake regulation before outlining the various proposed functions of sleep and the role it plays in plasticity and in learning and memory Finally the book discusses disorders of sleep and waking covering both lifestyle factors that cause disrupted sleep and psychiatric and neurological conditions that contribute to disorders Emphasizes a comparative and multidisciplinary approach to the topic of sleep Covers the neurobiology and physiology of sleep stages mechanisms of waking and dreaming Discusses in detail the proposed functions of sleep from health and rest to memory consolidation and synaptic plasticity Examines the current state of research in mammalian and non mammalian species ranging from primates to invertebrates Scientific and Technical Aerospace Reports ,1989 Lists citations with abstracts for aerospace related reports obtained from world wide sources and announces documents that have recently been entered into the NASA Scientific and Technical Information Database Patient Safety and Quality: sect.IV: Working conditions and environment Ronda Hughes, 2008 Encyclopedia of Neuroscience, Volume 1 Larry R. Squire, 2009-06-12 The Encyclopedia of the Neuroscience explores all areas of the discipline in its focused entries on a wide variety of topics in neurology neurosurgery psychiatry and other related areas of neuroscience Each article is written by an expert in that specific domain and peer reviewed by the advisory board before acceptance into the encyclopedia Each article contains a glossary introduction a reference section and cross references to other related encyclopedia articles Written at a level suitable for university undergraduates the breadth and depth of coverage will appeal beyond undergraduates to professionals

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