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THE IMPORTANCE OF SLEEP FOR MEDICAL STUDENTS

Admission: Most of us know that all people need around 7-8 hours of sleep per night, but it is especially important for students. Consistently getting quality sleep will improve your student's mental, emotional, and physical performance. It improves their immune system, balances hormones, boosts metabolism, and improves brain function. The main reason sleep is so important for a student's success in school is because this is the time when their brain is "cleaning" itself. Our brain cells eat, reproduce, and make waste products every day. When we are awake, our brain is super active with learning, thinking, and controlling our entire body. As a result, during sleep, our body uses this time to remove all that waste and allows us to repeat the learning processes day after day. If a student is not getting enough quality sleep then brain reduces cognitive performance and learning potential. [1]

Aim of the study: to identify the importance of sleep for students and to explore the connection between sleep, exercise and the learning potential.

The research methods and material: The scientific literature and other sources relevant to a particular problem were examined and compared.

Sleep deprivation can impact various aspects of the mind and body, such as mood, energy, memory, efficiency, and importantly the ability to learn. That's why it's vital for those in the student accommodation sector to highlight and help educate students on the importance of a good night's sleep. Ideally students should aim for at least nine hours of sleep per night in order to perform and flourish, both physically and mentally. In fact, even simply increasing sleep by just one hour a night is better for long-term wellbeing, mental and physical health, and will enable students to perform better in their studies. [2]

The brain is better than a smartphone, so it's important to recharge it regularly for optimal performance and to allow students' academic talent to shine. Rest and recovery are just as important as sleep – if students haven't had a good night's sleep, finding time in their day, whether its 10 minutes during lunch or between classes, to ignore technology and just relax, will help the body feel rested even without actually sleeping. [2]

Conclusions: Sleep is a vital, often neglected, component of every person's overall health and well-being. Sleep is important because it enables the body to repair and be fit and ready for another day. Getting adequate rest may also help prevent excess weight gain, heart disease, and increased illness duration. [3]

REFERENCES

1. <https://www.uatutoring.com/blog/2016/7/1/why-is-sleep-so-important-for-students>
2. <https://universitybusiness.co.uk/Blog/importance-of-sleep-for-students/>

3. <https://www.medicalnewstoday.com/articles/325353.php#summary>