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Eyes Wide Shut: Understanding the Drivers of Daytime Sleepiness Among Students

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Abstract



Students expect to perform well in school, but good academic performance requires adequate rest.

Fig.1. Pic. Source taken from Wehr & Falk (2015)

Unfortunately, too many college students attend their classes in a sleep-deprived state which negatively impacts their ability to absorb and retain information and acquire insights during the learning.

This poster showcases the causes of students' daytime sleepiness that contribute to academic failure and offers advice for addressing these sleep-related concerns.

Findings

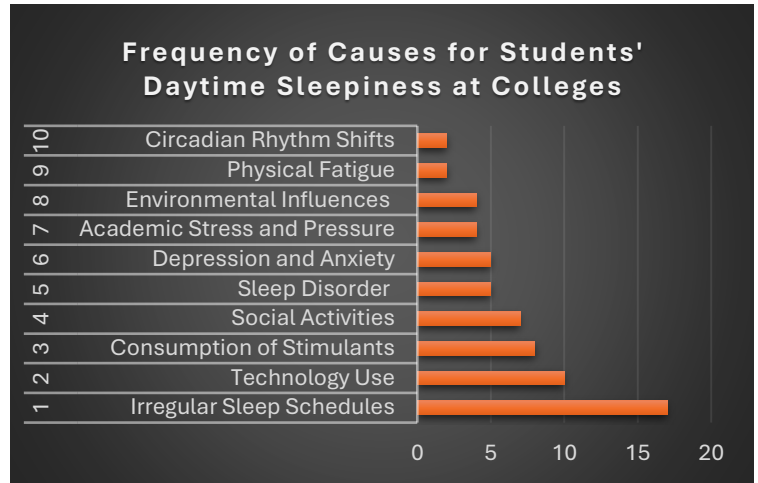


Fig.4. Factors which lead to students' daytime sleepiness while learning

Background



Fig.2.a

Prevalence of sleep deprivation among college students ([Hershner & Chervin, 2014](#))

The need of adequate sleep for academic performance ([Alexopoulou et al., 2024](#))



Fig.2.b

Research on sleep patterns and academic success ([Phillips et al., 2017](#); [Scott et al., 2019](#); [Maheshwari & Shaukat, 2019](#))



Fig.2.c

Scrutinizing causes of daytime sleepiness which interfere academic performances



Fig.2.d

Methodology

This study examines selected articles from ProQuest (10 articles), Web of Science (5 articles), Google Scholar (10 articles), and Websites, becoming the data presented.

After collection, it is sorted based on the objective of the study and displayed based the main concern-themes generated ([Machi & McEvoy, 2012](#)) and advice given.



Fig.3

Recommendations

1. Maintain a regular sleep schedule
2. Reduce the use of electronic devices an hour before bedtime
3. Be sensitive to your evening food and drink intake, especially caffeinated beverages such as coffee and soda
4. Manage your social activities well; try not to overschedule
5. Consult your physician as needed
6. Seek counseling if necessary
7. Say no to Procrastination
8. Maintain a supportive environment for restful sleep
9. Manage the activities proportionally
10. Get sufficient rest

Conclusions

This poster reveals that factors rendering sleepiness that could make students not maximize their performance in academic setting. Therefore, it is very pivotal for them to best anticipate any factors that can put them in the described situation so that sleepiness can be mitigated or reduced while learning is taking place.

References



Contact

