Causes of Students’ Sleep Deprivation

Sleep deprivation is a common problem that can greatly impact a student's physical and mental health and school performance and may cause executive function impairments. A question is what causes the students’ deprivation? // Phenomenon

The reasons for student sleep deprivation are many. Many pressures and commitments that students must manage during school are likely strong contributors to sleep deprivation. Whatever their motivation and capabilities, school assignments and schedules be highly demanding and lead to making adequate sleep a lower priority. Involvement in extracurricular activities can compound the situation. So can excessive competitive pressures.

For many teens, the charming of gadgets seems larger than sleep. A large number of teens use social media before going to bed and this causes trouble falling asleep earlier.

A range of lifestyle and psychological factors also can interfere with sleep. For example, intake of stimulating substances like alcohol can play a role. Adolescents with significant anxiety problems report experiencing more disrupted and less satisfying sleep than their peers, owing to the sleep disturbances being associated with the regulation of behavior and emotion.