

RAJAGIRI COLLEGE OF SOCIAL SCIENCES

Department Of Computer Science

MSc Computer Science (Data Analytics)

Statistics For Data Analytics – Case Study Abstract

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Sleep pattern and academic performance of students

Abstract

Sleep is necessary for maintaining cognitive functions related to academic success in education, including learning and memory consolidation, decision making, and critical thinking. n the lack of enough sleep, it will frequently be difficult to work optimally in these areas.

Students in high school and college report much worse sleep than the general population, including irregular sleep cycles and sleep deprivation.

Additionally, they experience a lot of daytime sleepiness. Additionally, it is observed that they get significantly fewer hours of total sleep each night than what is routinely suggested for their age group to support healthy cognitive performance.

Due to their participation in social and academic obligations, students frequently have poor sleeping habits and inconsistent sleep schedules. The normal student's life may be impacted by all of these elements, which may affect things like immune system health and mood.

The objective of this case study is to identify sleep patterns among students and the frequency of daytime sleepiness during the school or college week and also to assess the relation between the sleeping pattern and duration with the academic performance among these students.

Target group

The case study is targeted on the school and college students.

Method and tools of analysis

A questionnaire was developed to determine sleep patterns, subjective perceptions of one's own sleep quality and academic performance in students. The information is getting collected through online mode via a confidential google form from the targeted student groups.

Expected outcome of the study

The expected outcome of this case study is that students who get a longer duration of sleep will have a better academic performance which can be demonstrated by a higher academic grade .