

How does a Poor Sleeping Quality/ Pattern Influence Daily Performance during Instructional Periods among MED 04 Students at Texila American University?

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Abstract

Introduction: Sleep, by definition is the natural periodic suspension of consciousness during which the powers of the body are restored. This physiological process is essential for life. Many medical students however, due to the hectic schedule surrounding medical school are sleep deprived and exhausted. Exhaustion coupled with demands to excel academically can in turn lead to generated stress level among perspective physicians. Such phenomenon can adversely affect the cognitive skills of student within the classroom during instructional periods and ultimately impede receptive skills and negatively influence a student's academic life. It is due to these factors that many urge students to develop good sleeping and nutritional habits. But sleep in itself is in short supply for young aspiring physicians especially in their formative years when they are required to undertake and perform well at examination followed by prolong stint at the hospitals. This study therefore seeks to investigate and highlight the deleterious effects of sleep deprivation on medical students' performance in the class room and subsequently academic life performance.

Aims and objective: The aims of this study are to investigate the sleeping pattern of medical students at the Texila American University and conclude how observed sleeping habits can:

1. Impact students' performance in class room during instructional periods
2. Overtime, how does it influence their academic performance?

Material and methodology: Sleep patterns among Med 4 students at the Texila American University, Guyana campus will be surveyed by utilization of the Pittsburg sleep Quality Index Questionnaire which is a standardized tool used to measure the pattern and quality of sleep followed by a second attachment personally structured to inquire how sleep alters performance in class and academic life. Study would be conducted during the period of May 2018 amongst an average of 20-25 students. Students will be required to asses and answer questions provided honestly so an accurate experimental conclusion can be drawn. Data will then be analyzed and findings postulated.

Keywords: sleep deprivation; academic performance; sleeping Quality.