Essay on Sleep Deprivation and How to Avoid It

High-school and college students often neglect their sleep when studying. What the effects may be and what are the ways to help it?

# Sleep Deprivation: Forget About That

Another exam session is getting closer and closer, and your calmness starts to fade away. More and more book pages to reread, mugs of coffee multiplying on your desk, dark circles under your eyes and some eye bags to finish the perfect picture of an inexorably diligent student. If you do not study good during the term, it is even more likely for your last nights before the exam to be like the one we’ve described. However, the effects of sleep deprivation may be rather harmful. You never know how exactly it will affect your current state of health, so here are some consequences to know about and the way to prevent them.

## You Will Feel That Soon

It is proved that the coin of sleep deprivation has two reverse sides: either you are extremely fatigued and sleepy the next day or you have lots of energy – so much that it seems to be really strange – and feel that you are tired much later. Which of the two cases is to happen depends on many factors, but in the end sleep deprivation is going to be no good at all. Aching muscles, confusion, increased stress levels, weight gain or loss (in the long run), headaches, depression, hand tremor – the list of all the effects is too amazing for us to continue, isn’t it? But now that you know that a casual sleepless night is more serious than you have imagined it to be, it is time to do something about it.

## Study Your Enemy

To beat your enemy, you have to know it well. To begin with, do you agree that body and mind are the things that are totally worth improving and caring for? Realizing the importance of sleep is the first step on your way to a better health condition. Afterwards, determine whether you have an acute or chronic sleep deprivation. In their usual routine, people tend to experience a chronic lack of sleep, but cases of the other type are also rather frequent. Then, analyze your sleeping patterns. Luckily, that may be done with the help of numerous app out there: they help you define how many hours of sleep you need for your body to completely recover, give you information about its phases and so on. Now you know your current state. Let’s move to the possible reasons of it.

## Caffeine

Well, it’s the most obvious one. But truly, what do you expect after having coffee in the evening? Of course, you are alert, and a proper sleep no longer interests you. There are those who drink so much coffee that it seems to have no effect on them, but it does not. They simply get addicted to it and cannot wake up without a cup of this comforting beverage. If you are a coffee-lover, try to limit your consumption of coffee and have it before lunch, for instance. In the case you are in need of something warm in the evening, try to substitute it with tea, preferably with herbal or mint flavors.

## Eating Habits

Do you know that feeling of sluggishness when waking up? This is probably affected by your eating habits. You see, when the food in the evening is light, – for example, vegetables – your body has enough time to digest it and then recover while you are sleeping. But if it is loaded with saturated fats and carbs, all the efforts are to digest these elements, and not to have some rest. Do not regard it as a deprivation from your favorite pizza which you have been longing for all day. It is an addition to your energy, mood, and overall health levels. Besides, adjusting your dinner to the needs of your body helps to maintain steady biorhythms.

## “That Was Too Easy”

Oh, those wonderful days when we are overflowing with energy! They are really marvelous, but when it happens too often, it’s time to ring a bell. In my personal opinion, it is precisely those days when we regard ourselves as the ones with a superpower of never getting tired that start a vicious circle of chronic sleep deprivation. Because usually, we have to work or study the next day. In fact, having lots of energy left at the end of the day just means that you are not efficient enough. Honestly, when you are, a soft pillow and a warm duvet are the things you are really glad to see. No doubt, you may be moved emotionally, then use this energy! We advise you to start exercising or reasonably (a huge emphasis here) increase the amount of time you are going in for sports. Exercising contributes to the consistency of your sleep along with giving you much more energy in the long run.

## No Screens

It has been discovered that the light of laptop and phone screens influences the level of our sleep hormone – melanin. And that’s why, according to the scientists, people may experience a lack of sleep. I know, I know: “I just wanted to check some posts on Instagram”. Yes, it is tempting, but your sleep matters more. You can see all the recent posts in the morning or during the day. Just devote your evening to yourself, and you will notice the improvements very soon.

## Sudden Diligence

So, we’ve have come to the last cause. Exams and grades seem to matter so much in our student years! But they are not worth it. No doubt, you need to pass your exams and do it well if you want, but then you have to plan your schedule wisely. Attend all the lectures, do homework on time, and carefully study the material. This way, there will be no need to get stuck in all those papers the night before the exam.

All in all, we perceive our tasks and projects as the most important things in the world. But sometimes you need to stop and look at them from another angle. Be gentle with your body. You can finish everything later or plan it beforehand instead of tormenting yourself with an intentional lack of sleep. Thus, be creative and simplify your life with giving your body all the essentials it needs and getting lots of positive vibes in return.