



Milly Rivera
Health & Wellness Chair - Advocacy Team
mirivera@estee.com
healthwellness@suffolkpta.org

Health & Wellness Report **January 2020**

Studies Find Good Sleep Habits Are Better Than a Good Night's Sleep For Testing

According to a new study, conducted by a group of researchers out of the Massachusetts Institute of Technology and Harvard, shared getting sufficient sleep weeks prior to an exam versus going to bed earlier the night of the exam can have a greater impact on student test scores.

The research found a good sleep where students consistently slept long enough, high quality sleep account for about 25% of the variance in how students performed on their quizzes and tests. Inconsistency in sleeping patterns- for example sleeping less during the weekdays and catching up on weekends can also lower test scores.

Sleep is not only associated with academic performance in school, sleep deficit has also been associated with lack of concentration and attention during class. In addition, sleep is thought to play a crucial and specific role in memory consolidation.

Beyond the effects of sleep on memory consolidation, poor attention and cognition, studies have shown that sleep deprivation not only increases fatigue and sleepiness but also worsens cognitive performance.

With today's many after school activities, more homework and extra testing, children are getting less and less sleep and expected to do so much more. In addition, social media is also interrupting a good night's sleep.

Over 40% of children sleep with their phones, tablets or other devices, and check their phones throughout the night. The American Academy of Pediatrics recommends that children's bedrooms remain "tech-free zones" and that children turn off their electronics 30 minutes or more before they go to bed in order to promote a healthy uninterrupted sleep pattern.

www.edweek.org