EFFECTS ON YOUR SLEEPING HABITS
By Cameron Sullivan

What are your sleeping habits? Are they good or bad habits? Good sleeping habits are essential to having a good sleep and being awake and ready for the next day. Studies have shown that teenagers do not get enough sleep and that this affects their lives. Better sleeping habits can improve a person's ability to do good in school and learn, be physically healthier, and mentally healthier.

To begin, whenever you improve your sleep habits, you have the ability to do better in school. This is a great advantage because this will help you comprehend the subject and assignments better, and it will help you to become more successful in your life and career. According to sleepfoundation.org, " Poor sleep can create problems with attention, memory, and problem solving." As you may know, in school a long attention span is very important, so you can comprehend the lecture that your teacher or professor is giving you. Also, when poor sleeping habits affect your memory, it can lead to negative consequences like low test scores or not understanding how to do your homework. When you sleep well, you can improve your memory and see improved test scores.

Bad sleeping habits have also been linked to not being able to solve problems. In school you must use problem solving to answer questions and even use them in life. Imagine this- you're sitting in a classroom and your teacher gives you twenty problems to answer. That night you didn't go to bed till three in the morning and still stayed on your phone for a little bit. During class time, you can't focus on the test, you can't remember what the setup process is for the questions, and you don't know how to solve the simple problems you should know. When you get your test back, you see you got a F. You know why you got it; you couldn't remember how to solve the problems due to the brain fog that occurred because you didn't get enough sleep.

In addition, having good sleeping habits is a good way to become physically healthier. According to sleepfoundation.org, "Sleep allows both the body and brain to recover during the night. With a good night's rest you'll feel refreshed and alert when you wake up. Sleep deficiency will not only leave you feeling tired, but can increase your risk for a wide range of diseases and health problems. These include obesity, heart disease, high blood pressure, diabetes, and stroke, "(Danlelle Pacheco, 2021). This proves that a good night's rest is the reason that you feel refreshed in the morning. For example, when you have a long day at work, and then you go to bed at a reasonable time, the next morning you feel ready for a new day, and you get a boost of energy overnight. This is because you are going to sleep at a reasonable time which makes your body physically healthier by feeling refreshed and having energy for the new day.

Lastly, whenever you improve your sleeping habits, you will see that you are mentally healthier. Sleepfoundation.org also states, "Sufficient sleeping habits can improve your health mentally by the brain being able to facilitate the process of emotional information. Sleep is closely connected to mental and emotional health and has demonstrated links to depression, anxiety, bipolar disorder, and other conditions," (Eric Sunl,2020). This proves that sleeping habits can have a direct impact on your levels of stress and anxiety. For example, whenever you wake up with only four hours of sleep, you are in a bad mood and don't feel like doing anything. This is because you didn't get enough sleep. Mental health problems are very serious because they can make you not think correctly and thinking is a very important part of life.

In conclusion, there are many reasons why having good sleeping habits are important some ways include your ability to learn and focus in life, improve your physical and mental health. So now how are your sleeping habits affecting your life? Make sure to be healthy and be able to focus in your job or school by having good sleeping habits.