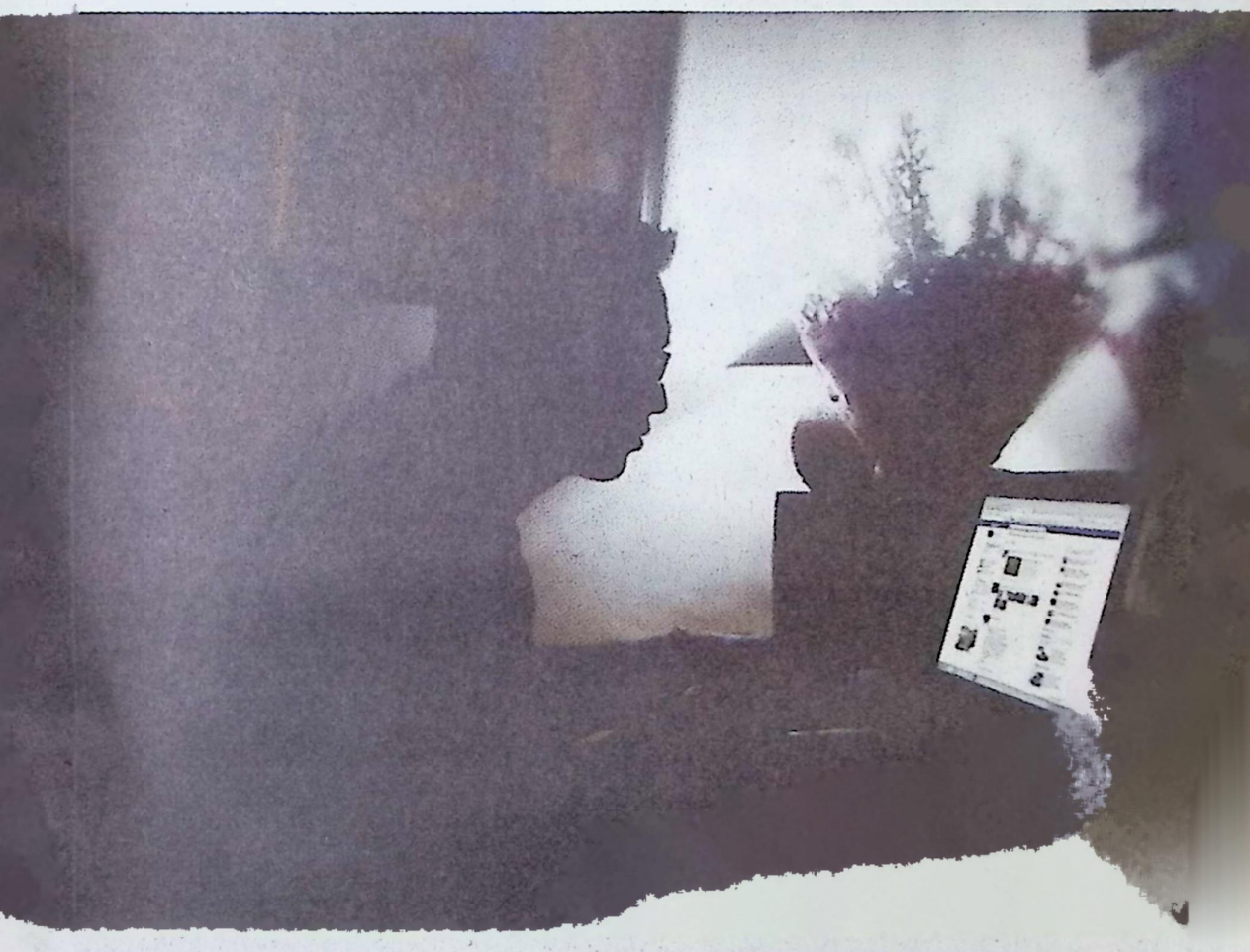
niac. On asking whether he gets uninterrupted sleep or not, he replied, "I do, for five to six hours. But that is after 5am in the morning because I barely fall asleep before that." His doctor prescribes him some medicines to sleep but recommends taking them only if he cannot sleep at all. He usually studies during the late hours, or just grabs a movie to watch and browses Youtube.

Ayman is a student who tends to get very exhausted if he doesn't get proper sleep at night, for about seven hours. If he runs out of things to do, like watching movies or during no exams, he goes to bed at 1am. Less than three hours sleep drives away all his ability to concentrate and therefore tending to be sleepy all day is natural.

Vigilance drifts away from a sleep deprived brain, because weary neurons in the brain no longer work properly to coordinate information. Without adequate rest and sleep, we lose our ability to accurately remember any previously learned information. When children don't focus, they barely learn anything, or even can think properly. A study showed that children who took naps right after studying, had more ability to remember what they learnt compared to the ones that got no shuteye. It is beneficial to review study notes right before bedtime in order to remember better. Sleep itself has a role in consolidation (stabilisation of memory) which is essential for taking in new information. During sleep, the neural connections strengthen to form out memory, neurons fire properly afterwards and the muscles are rested, which help children to recall. Judgement becomes impaired if not enough sleep is taken and when information tend to just gather up in the brain, deciphering information becomes a tedious task.



It is important to abstain from acquiring habits of staying up late at night. The brain can't keep on without sleep. And who doesn't like to sleep? The moment when it finally arrives and you just cannot keep your eyes open anymore, it is indeed a moment of bliss. Just make sure you go to bed a little earlier than usual, so that you get a goodnight's sleep, waking up in the morning feeling fresher than ever.