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**SLEEP DEPRIVATION AND THE ACADEMIC PERFORMANCE AMONG SELECTED
SENIOR HIGH SCHOOL STUDENTS OF JBLFMU-MOLO**

A RESEARCH PAPER

PRESENTED TO: DR. ELVIRA DELGADO

**IN PARTIAL FULFILMENT OF THE REQUIREMENTS FOR THE SUBJECT
PRACTICAL RESEARCH 1**

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Approval Sheet

The research project entitled "Sleeping Deprivation and The Academic Performance Among Selected Senior High School Students of JBLFMU-MOLO" at John B. Lacson Foundation Maritime University- Molo, Academic years 2018-2019, prepared and submitted by Christine Joyce A. Magabilin and Renz Melvin Trabado of Grade 11-Markab in partial fulfillment of the requirement of the requirement in the subject Practical Research 1 has been examined and hereby recommended for approval and acceptance.

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Abstract

Sleep deprivation is commonplace in modern society, but its far-reaching on cognitive performance is only beginning to be understood from a scientific perspective. While there is broad consensus that insufficient sleep leads to a general slowing of response speed and increased variability in performance, particularly for simple measures of alertness, attention and vigilance, there is much less agreement about the effects of sleep deprivation on many higher level cognitive capacities, including perception, memory and executive functions. Whereas many convergent and rule based reasoning, decision making and planning tasks are relatively unaffected by sleep loss, more creative, divergent and innovative aspects of cognition do appear to be degraded by lack of sleep. Emerging evidence suggest that some aspects of higher level cognitive capacities remain degraded by sleep deprivation despite restoration of alertness and vigilance with stimulant countermeasure, suggesting that sleep loss may affect specific cognitive system above and beyond the effects produce by global cognitive declines or impaired intentional processes. Thus, the extent to which sleep deprivation affects a particular cognitive process may depend on several factors.



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