

3rd International Conference on

Molecular Biology & Nucleic Acids

August 27-28, 2018 | Toronto, Canada

The effect of one night's sleep loss on physical and cognitive task performance in Kuwaiti college students: A sleep dose response study

Mohammed Alkatan

Public Authority for Applied Education & Training, Kuwait

Adequate sleep supports normal physiological and cognitive function and is critical for optimal health. Inadequate sleep has been shown to be associated with a variety of negative physical and mental health outcomes including depression, violence-related behaviors, and poor academic performance. Sleep loss, including sleep restriction and sleep deprivation, is common among college students especially prior to exams. Late-night studying or pre-exam anxiety could delay sleep onset leading to significant sleep loss that may impair academic performance. Currently, there is insufficient evidence to fully describe the detriments (or negative consequences) of sleep loss in the student cohort. Therefore, the purpose of the present study is to empirically determine the effects of sleep loss (restriction and deprivation) on strength, power, muscle endurance, balance, agility, reaction time, and memory in Kuwaiti college students.

Biography

Mohammed Alkatan has completed his Ph.D. at the age of 32 years from the University of Texas at Austin. He is an assistant professor at the Public Authority for Applied Education & Training- Department of Physical Education & Sports. He has published more than 10 papers in reputed journals.

qatan81@gmail.com

Notes: