

Mladostnik in spanje

POVZETEK

Z raziskovalno nalogo mladostnik in spanje smo želele izvedeti več o spanju in njegovem vplivu na naše življenje in vsakdan. Ugotovile smo, da je kakovostno spanje pomemben del življenja najstnikov. Pomankanje spanja vpliva na razpoloženje in sposobnost uravnavanja čustev. Kronično pomanjkanje spanja lahko vpliva na nastanek srčno-žilnih bolezni, nekaterih karcinomov in duševnih motenj. Spanje je del življenja, ko se naše telo sprosti in regenerira. Na kakovost spanja vpliva veliko stvari, npr. uporaba telefona pred spanjem, uživanje psihoaktivnih snovi, obilni večerni obroki in hrup. Za mladostnike je priporočljivo najmanj sedem ur spanja na noč, vendar večina mladostnikov spi manj. Ker pa imajo mladostniki notranjo biološko uro nastavljeno nekoliko drugače, občasno pomanjkanje spanca ni problematično. Težave se lahko pojavijo, če se pomanjkanje spanca kopiči.

Izvedle smo anketo med mladostniki na dveh srednjih šolah in ugotovile, da večina najstnikov spi premalo. Spijo v popoldanskem času in nekateri uživajo psihoaktivne snovi. Pri eksperimentalnem delu smo ugotovljale vpliv spanja na spomin, koncentracijo in motorične sposobnosti. Ugotovile smo, da ima spanje močan vpliv na vsa področja, saj so bili naši rezultati slabši, ko smo spale premalo.

Ključne besede: spanje, mladostniki, pomanjkanje spanja, vpliv spanja na spomin in koncentracijo ter motorične sposobnosti, kakovost spanja

ABSTRACT

With the research task about adolescent and sleep we wanted to learn more about sleep and its' impact on our lives and everyday life. We found that sleep is an important aspect of teenagers' lives. Lack of sleep affects mood and ability to regulate emotions. Chronic sleep deprivation is a cancer risk factor and it can lead to the onset of cardiovascular disease and mental disorders. Sleep is the part of our life when our body relaxes and regenerates. Sleep quality is affected by many things, such as use of your phone at bedtime, consumption of psychoactive substances, large evening meals and noise. For adolescents, it is recommended to sleep at least seven hours per night, but most adolescents sleep less, however since adolescents have an internal biological clock set slightly differently, occasional lack of sleep is not problematic. Problems can however occur if sleep deprivation builds up.

We conducted a survey among adolescents of two different secondary schools and found that most teenagers sleep too little, sleep in the afternoon and consume psychoactive substances. In experimental work, we determined the influence of sleep on memory, concentration and movement. We found that sleeping had a profound impact on all three of these things, as our results were worse when we had too little sleep.

Keywords: sleep, adolescents, sleep deprivation, influence of sleep on memory, concentration and motor skills, sleep quality