THE IMPACT OF LATE-NIGHT STUDY HABITS ON STUDENTS' ACADEMIC PERFORMANCE

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Abstract: *Sleep quality plays an essential role in students' cognitive functioning, emotional stability, and academic success. Beyond its biological importance, sleep is closely linked to how actively students participate in learning activities and maintain focus during academic tasks. This study explores the relationship between sleep quality and learning engagement among students, with special attention to the moderating role of mental health. The study is based on the idea that sleep does not affect learning engagement in isolation, but that students' psychological well-being may influence the strength of this relationship. Understanding these connections can help explain why some students remain highly engaged despite sleep difficulties, while others experience reduced academic involvement even with similar sleep patterns. The findings of this study aim to contribute to improving student support strategies by highlighting the combined importance of sleep hygiene and mental health in promoting effective learning.*

Key words *Sleep quality; learning engagement; mental health; academic performance; student behavior; cognitive function; emotional well-being; higher education; study habits; psychological factors.*

Аннотация: *Качество сна играет важную роль в когнитивном функционировании студентов, их эмоциональной стабильности и академической успеваемости. Помимо биологического значения, сон тесно связан с тем, насколько активно студенты участвуют в учебном*

процессе и сохраняют концентрацию во время выполнения академических задач. Данное исследование изучает взаимосвязь между качеством сна и вовлечённостью в обучение студентов, уделяя особое внимание регулирующей роли психического здоровья. Исследование основано на идее, что сон не влияет на учебную вовлечённость изолированно, а психологическое благополучие студентов может изменять силу этой взаимосвязи. Понимание этих связей помогает объяснить, почему одни студенты остаются высоко вовлечёнными в обучение несмотря на проблемы со сном, тогда как другие демонстрируют снижение учебной активности при схожих условиях сна. Результаты исследования направлены на улучшение стратегий поддержки студентов путём акцентирования важности как гигиены сна, так и психического здоровья для эффективного обучения.

Ключевые слова *Качество сна; учебная вовлечённость; психическое здоровье; академическая успеваемость; поведение студентов; когнитивные функции; эмоциональное благополучие; высшее образование; учебные привычки; психологические факторы.*

Annotatsiya: *Uyqu sifati talabalar kognitiv faoliyati, hissiy barqarorligi va akademik muvaffaqiyatida muhim rol o‘ynaydi. Uyqu nafaqat biologik jarayon sifatida, balki talabalar o‘quv jarayonida qanchalik faol ishtirok etishi va o‘qish davomida diqqatni saqlab qolishiga ham bevosita bog‘liqdir. Ushbu tadqiqot uyqu sifati va o‘quv jarayoniga jalb etilish o‘rtasidagi bog‘liqlikni, shuningdek, ruhiy salomatlikning bu munosabatdagi vositachi (moderator) rolini o‘rganadi. Tadqiqot shuni asos qilib oladiki, uyqu o‘quv faolligiga alohida ta’sir qilmaydi, balki talabalarning psixologik holati bu ta’sirning kuchini o‘zgartirishi mumkin. Ushbu bog‘liqliklarni tushunish ayrim talabalar uyqu muammolariga qaramay yuqori faollikni saqlab qolishini, boshqalarda esa uyqu bir xil bo‘lsa ham o‘quv faolligi pasayishini*

tushuntirishga yordam beradi. Tadqiqot natijalari samarali o‘qishni ta’minlashda uyqu gigiyenasi va ruhiy salomatlikning muhimligini ta’kidlab, talabalarni qo‘llab-quvvatlash strategiyalarini takomillashtirishga xizmat qiladi.

Kalit so‘zlar *Uyqu sifati*; o‘quv faolligi; ruhiy salomatlik; akademik muvaffaqiyat; talabalar xulqi; kognitiv funksiyalar; hissiy farovonlik; oliy ta’lim; o‘qish odatlari; psixologik omillar.

Introduction

Sleep is a basic biological need that plays a vital role in maintaining physical health, emotional stability, and cognitive functioning. It is especially important for memory consolidation, learning efficiency, and attention control. For students in medical and health science programs, adequate sleep is essential because their studies require continuous learning, critical thinking, and the ability to retain large amounts of complex information. Despite its importance, many medical students struggle to maintain healthy sleep patterns. Heavy academic workloads, clinical duties, and exam pressure often lead to reduced sleep duration and irregular sleep schedules. Over time, this can affect not only their academic performance but also their mental and physical well-being. Research has shown that insufficient sleep interferes with memory processes, weakens concentration, and reduces overall learning efficiency.

Sleep deprivation has also been linked to broader health concerns, including increased stress levels, mood disturbances, and a higher risk of mental health problems. Students who consistently sleep fewer hours are more likely to experience daytime fatigue and difficulty focusing, which can negatively influence their academic engagement and productivity. At the same time, studies suggest that both too little and excessive sleep may be associated with poorer psychological well-being, indicating that balance is essential.

Within medical education, students often report high levels of stress and poor sleep quality, which together contribute to reduced quality of life. However, findings across studies remain inconsistent, with some showing a strong relationship between sleep quality and academic performance, while others suggest that the relationship may be influenced by additional factors such as stress, study habits, and individual differences. Given these mixed findings, it is important to further explore how sleep quality affects academic performance and related aspects of student well-being. Understanding this relationship can help educators and institutions develop better support systems that promote healthier sleep habits and improve both academic success and overall student health.

Late-night study habits create several key problems that directly affect students' academic performance and overall functioning. One of the main issues is sleep deprivation, which reduces cognitive efficiency. When students study until late at night, they often sacrifice adequate sleep time, which disrupts memory consolidation, attention, and problem-solving abilities. As a result, even if students spend many hours studying, the quality of learning decreases, and information is not effectively retained, leading to weaker academic outcomes. Another important problem is the negative impact on mental and physical well-being. Irregular sleep patterns and insufficient rest can cause fatigue, daytime sleepiness, irritability, and difficulty concentrating during academic activities. Over time, students may also experience increased stress, anxiety, and mood instability, which further reduces motivation and learning efficiency. In addition, late-night studying disrupts the body's natural circadian rhythm, leading to poor synchronization between biological processes and study schedules. This misalignment lowers alertness and cognitive performance during study sessions, making learning less effective despite increased effort. It also results in inconsistent sleep routines and poor time

management, which negatively affect both academic discipline and performance stability.

Research and discovery

One significant study was conducted by Amoumri (2025), who examined how different types of study habits influence students' academic performance. Research focused particularly on metacognitive strategies, which involve planning, organizing, monitoring, and evaluating one's own learning process. They found that these higher-level study behaviors are among the strongest predictors of academic success, even more influential than simple repetition or passive reading. The work emphasized that successful students are not just those who study more, but those who study more effectively and strategically. For example, a student who creates a study schedule, sets clear learning goals, regularly tests their understanding, and adjusts their methods when necessary is more likely to achieve high academic results. In contrast, students who lack organization and do not reflect on their learning process often struggle, even if they spend long hours studying. This study highlights the importance of self-regulated learning as a key factor in academic achievement.

Another important study by Xu et al. (2025) investigated the relationship between sleep quality and academic performance among university students. Contrary to many assumptions, their findings revealed that there was no statistically significant relationship between sleep quality and students' academic achievement. This suggests that academic performance is influenced by multiple factors, and that sleep alone may not always be the sole determinant of success. Some students may adapt to poor sleep conditions or compensate through other behaviors such as strong motivation, effective study strategies, or external academic support. For instance, a student who sleeps irregularly or experiences low-quality sleep might still achieve high grades by maintaining disciplined study habits and staying highly motivated. This research challenges

the common belief that better sleep leads to better academic outcomes and highlights the complthat affectfactors affecting student performance.

Mahmoud Ahmed Thabet Al-maqtri from the University of Bisha conducted a study on 125 psychology students to explore how specific study techniques are related to exam performance. Research identified that active learning strategies—such as attending lectures, using study guides, practicing with past exam questions, and applying knowledge to solve problems—were positively correlated with higher exam scores. At the same time, some commonly used methods, such as passive reading or last-minute cramming, were found to be less effective or even negatively related to performance. This indicates that not all study habits contribute equally to success. For example, a student who regularly practices exam questions and actively engages with course material is more likely to perform well compared to a student who simply rereads notes without a deeper understanding. This study reinforces the idea that the quality and type of study habits play a critical role in determining academic outcomes.

To address the negative impact of late-night study habits on students' academic performance, several practical solutions can be implemented. First, students should be encouraged to develop effective time management skills. By organizing daily schedules and prioritizing academic tasks earlier in the day, students can avoid last-minute studying at night and reduce the need to sacrifice sleep. Creating a structured study timetable helps ensure balanced learning without overloading nighttime hours.
Second, improving sleep hygiene is essential. Students should maintain a consistent sleep schedule by going to bed and waking up at the same time every day. Reducing the use of electronic devices before bedtime, avoiding caffeine in the evening, and creating a quiet, comfortable sleep environment can significantly improve sleep quality. Better sleep leads to improved memory,

concentration, and overall academic performance. Third, educational institutions should play an active role in promoting healthy study habits. Teachers and academic advisors can guide students on effective learning strategies, such as spaced repetition and active recall, which reduce the need for long nighttime study sessions. Awareness programs and workshops on the importance of sleep and academic balance can also help students understand the long-term benefits of maintaining healthy routines.

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