

The effects of sleep quality, sleepiness, fatigue, and psychological resilience on attention performance

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Abstract

Introduction: The aim of the study was to examine the relationships between sleep quality, sleepiness, fatigue, resilience, and attention parameters in a sample consisting of university students.

Material and methods: The study involved 123 university students aged between 18 and 33 years. A socio-demographic data form, the Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), Fatigue Severity Scale (FSS), Depression, Anxiety, and Stress Scale (DASS 21), and the Brief Resilience Scale (BRS) were administered to the participants. Attention assessment was conducted using the Cognitroze (COOG), Signal Detection (SIGNALL), Inhibition (INHIB), and Perception and Attention Functions Battery, part of the computer-based Vienna Test System (VTS).

Results: Out of all the participants, 77.2% were female, and 22.8% were male, with an average age of 21.35 (SD = 2.54) years. A positive correlation was found between COOG-Corrects and PSQI scores, and COOG-Incorrects and DASS-Stress. There was a negative correlation between SIGNALL-Corrects and FSS. No correlation was revealed among sleep quality, sleepiness, fatigue, resilience variables, and reaction inhibition or divided attention. Furthermore, multiple regression analysis indicated that attention scores were predicted only by sleep quality and fatigue severity.

Conclusions: Based on the study's findings, it is conceivable that situational factors such as sleep quality, sleepiness, and fatigue have a more significant impact on attention compared with constant variables such as depression, anxiety, stress, and resilience.

Key words: Vienna Test System, attention, fatigue, sleepiness, resilience.

Introduction

Attention is a primary and complex cognitive function that refers to the frontage and focus of mental resources on a stimulus. Simultaneously, it represents turning towards a stimulus while disregarding others (Posner *et al.* 2016). Attention is separated into four types: selective, sustained, executive, and divided. Selective attention refers to the capacity to focus on a particular stimulus while disregarding other distracting stimuli. Divided attention is the ability to deal with multiple stimuli simultaneously, and executive attention ensures that attention is maintained (Rueda *et al.* 2023). Sustained attention requires long-term focus on a stimulus and is regarded as a concept associated with alertness (Cohen 2013). According to contemporary theories, attention is a system that consists of

multiple brain networks with interrelated but distinct functions (Fisher 2019). Spikman and van Zomeren (2010) stated that attention has two general dimensions, selectivity and intensity; they also refer in their articles to the Vienna Test System (VTS), which is a computer-based application used in the assessment of sustained attention, focused/selective attention, and divided attention (Spikman and van Zomeren 2010).

Although attention is a parameter that multiple psychological factors can impact, there has been more focus on how specific psychological processes such as sleep, fatigue, and psychopathological processes (e.g., depression, anxiety) affect attention. Sleep has a restorative function in human life and is essential for physiologic and circadian rhythms. Quantitative and qualitative shifts in sleep influence multiple systems (Bryant

Sleep Sleepiness And Performance

Teofilo L. Lee-Chiong

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Sleep, Sleepiness and Performance Timothy H. Monk, 1991-12-20 Monk Timothy H Investigator Non NASA Center U Pittsburgh PA **Sleep** Teofilo L. Lee-Chiong, 2005-12-13 A unique resource on sleep medicine Written by contemporary experts from around the world Sleep A Comprehensive Handbook covers the entire field of sleep medicine Taking a novel approach the text features both syndrome and patient oriented coverage making it ideally suited for both clinical use and academic study Sleep A Comprehensive Handbook begins with a brief introduction to the basic science of sleep from neurobiology to physiologic processes This leads into sections offering comprehensive coverage of insomnia sleep apnea narcolepsy parasomnias movement disorders and much more Sleep and related disorders are also discussed followed by chapters on considerations for special patient groups Special materials for practitioners include a sample interview and questionnaire as well as a chapter on operating and managing a sleep center The text concludes with discussions of sleep assessment methods such as polysomnography actigraphy and video EEG monitoring With full coverage of over 100 key topics in sleep medicine Sleep A Comprehensive Handbook offers the most practical thorough yet handy resource available on adult and pediatric sleep medicine Praise from the reviews no other publication in the field can begin to compare with the breadth or depth of the Handbook I cannot imagine a functioning sleep disorders clinic without at least one copy on standby as a ready reference PscyCRITIQUES Sleep A Comprehensive Handbook is a first rate textbook with concise up to date information covering a wide range of subjects pertinent to the practice of sleep medicine DOODY S HEALTH SERVICES

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key topics a glossary and two appendices Contains more than 550 tables and images including anatomical drawings X rays and MRI scans Illustrates selected diagnostic and treatment techniques step by step with more than 200 photographs Offers an in depth examination of the various career opportunities in this area including orthopedists athletic trainers sports psychologists and nutritionists Key Themes Conditioning and Training Diagnosis and Treatment of Sports Injuries Diet and Nutrition Doping and Performance Enhancement Exercise Physiology Biomechanics Kinesiology Injuries and Disorders Injury Prevention Medical Conditions Affecting Sports Participation Rehabilitation and Physical Therapy Special Populations Specialties and Occupations in Sports Medicine Sports and Society Sports and Sports Medicine Sports Psychology Sports Specific Injuries Women and Sports **Sleep Research** ,1997 **Chronobiologia** ,1991 *Patient Safety and Quality: sect.IV: Working conditions and environment* Ronda Hughes,2008 Melatonin in the Promotion of Health, Second Edition

Ronald Ross Watson,2011-08-25 Melatonin is a powerful hormone and antioxidant with numerous effects on the metabolism and the health of humans Available as a dietary supplement in the United States since 1993 it is one of the most popular over the counter alternative remedies available Comprising contributions from researchers who have studied the role of melatonin in various disease and physiological states Melatonin in the Promotion of Health Second Edition provides a wide variety of expert reviews on the biology of melatonin relevant to health Beginning with a history of melatonin and its relation to circadian rhythms the book examines its use in a host of applications including Gut motility and gastrointestinal diseases Anesthesia and surgery Bone health Breast cancer Cardiovascular diseases Diabetes Age related macular degeneration and uveitis Melanoma solar skin damage and collagen synthesis The prevention of DNA damage Mental disorders sleep and issues related to jet lag and shift work The data gathered from a large number of carefully controlled animal and human studies have clearly implicated melatonin in the control mechanisms of a wide variety of physiological and psychological activities making it a potent candidate for therapeutic use in the treatment of a diverse range of diseases This volume demonstrates that continued studies of this molecule raise the exciting prospect of providing new avenues of treating numerous diseases more effectively and with less side effects than those found in conventional treatment modalities

Crew Factors in Flight Operations XII: A Survey of Sleep Quantity and Quality in On-Board Crew Rest Facilities ,2000
 The Quarterly Journal of Experimental Psychology ,2005 *Fatigue and Alertness in Merchant Marine Personnel* ,1997
 The Psychologist ,2001 **The Cumulative Book Index** ,1992 A world list of books in the English language
 Surgical Patient Safety Barry M. Manuel,Paul F. Nora,2004 The ACS Protocols for Cancer Surgery Documentation provide guidance on the collection of essential data and key aspects of cancer surgery to be included in the operative report and can serve as a useful educational tool for surgeons Developed by subject matter experts as part of the Cancer Surgery Standards Program CSSP this protocol for lung cancer surgery includes a comprehensive list of data fields in synoptic format followed by supporting explanatory comments and reference materials Aerospace Medicine and Biology ,1990 A selection

of annotated references to unclassified reports and journal articles that were introduced into the NASA scientific and technical information system and announced in Scientific and technical aerospace reports STAR and International aerospace abstracts IAA **Chest ,2008 Davies's Textbook of Adverse Drug Reactions** David Margerison Davies, Robin E. Ferner, H. De Glanville, 1998

In recent years a vast amount has been written on adverse drug reactions yet this surfeit of information has made it more difficult for clinicians to obtain unambiguous answers to their questions. This book provides a map for clinicians to find their way through the jungle of toxicological fact and theory. Comprehensive yet succinct, the text deals with matters of fundamental importance with five new chapters and extensive revisions of chapters in previous editions. The approach by clinical feature rather than by drug matches the way the problem presents itself to the clinician. This will be an invaluable user friendly resource for all clinicians. **Principles and Practice of Sleep Medicine** Meir H. Kryger, William C. Dement, 1989

This edition of the book on sleep medicine covers the basic sciences as well as sleep pathology in adults. All information has been updated to encompass developments in this field. New to this edition are topics related to the area of psychiatry, circadian rhythms, cardiovascular diseases and sleep apnea treatment and diagnosis. **Seasonality,**

Personality and the Circadian Regulation of Mood Gregory Ward Murray, 2006

Discourse about the relationship between seasons and human mood has a substantial history in medicine, the arts and the social sciences. Over the last decade this perennial topic has been dominated by the construct of Seasonal Affective Disorder (SAD). SAD is a psychiatric syndrome characterised by depressions which recur at the same time each year, typically winter. Rosenthal et al 1984b. SAD is typically understood as the extreme end of a continuum of normative seasonal variation in mood and behaviour. Seasonality. The research reported here had four interrelated aims. The first aim was to test for the existence of seasonality in human mood as defined by SAD. It can be argued that this topic is both important and potentially fruitful. Seasonality is critical for the validation of SAD; itself it has been proposed that the most important unresolved issue of SAD research is the definition of seasonality. Furthermore, seasonality is a scientifically interesting construct because it implies a unique trait of mood variability in the context of environmental changes. As such, the investigation of seasonality provides a test of current understandings of the relationship between personality, mood and affective vulnerability. The second aim of the research therefore was to situate seasonality in the nomological web of trait constructs. The third aim was to test a novel hypothesis about the psychobiology of the trait of Neuroticism, a hypothesis that derived from the integration of seasonality into the nomological net of personality constructs. The key dependent variable in the research was mood and therefore a fourth aim was to investigate a contemporary model of mood by testing the hypothesis that a Positive Affect system is partially driven by biological rhythms. Alcohol Health and Research World ,1995

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Table of Contents Sleep Sleepiness And Performance

1. Understanding the eBook Sleep Sleepiness And Performance
 - The Rise of Digital Reading Sleep Sleepiness And Performance
 - Advantages of eBooks Over Traditional Books
2. Identifying Sleep Sleepiness And Performance
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an eBook Sleep Sleepiness And Performance
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sleep Sleepiness And Performance
 - Personalized Recommendations
 - Sleep Sleepiness And Performance User Reviews and Ratings
 - Sleep Sleepiness And Performance and Bestseller Lists
5. Accessing Sleep Sleepiness And Performance Free and Paid eBooks
 - Sleep Sleepiness And Performance Public Domain eBooks
 - Sleep Sleepiness And Performance eBook Subscription Services
 - Sleep Sleepiness And Performance Budget-Friendly Options

6. Navigating Sleep Sleepiness And Performance eBook Formats
 - ePUB, PDF, MOBI, and More
 - Sleep Sleepiness And Performance Compatibility with Devices
 - Sleep Sleepiness And Performance Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sleep Sleepiness And Performance
 - Highlighting and Note-Taking Sleep Sleepiness And Performance
 - Interactive Elements Sleep Sleepiness And Performance
8. Staying Engaged with Sleep Sleepiness And Performance
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sleep Sleepiness And Performance
9. Balancing eBooks and Physical Books Sleep Sleepiness And Performance
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sleep Sleepiness And Performance
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sleep Sleepiness And Performance
 - Setting Reading Goals Sleep Sleepiness And Performance
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sleep Sleepiness And Performance
 - Fact-Checking eBook Content of Sleep Sleepiness And Performance
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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