

Tertiary Institutions' Student Fitness Aspirants and Recreation Enthusiasts' Perceived Influence of Sleep Deprivation on Their Lifestyles

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ABSTRACT The study investigated the influence of sleep deprivation on lifestyles as perceived by student fitness aspirants and recreation enthusiasts in tertiary institutions located in Edo State of Nigeria. Four research questions were raised for the study. A self-structured research instrument was administered on 250 respondents whereas 200 respondents (80%) formed the sampling unit. Simple percentages and frequency counts were used for data analysis. Among others the following are the findings:

- Adequate sleep helped 97% respondents to live healthy lifestyles, while 94% agreed that resting the body after participating in fitness and recreational activities made them healthy.
- Majority of the respondents 86.5% and 88.5% respectively who reported sleeping in noisy rooms at bedtime and rooms with lights on, claimed to have experienced sleep deprivation.
- Also, 88.5% respondents affirmed that their hostel rooms were not well ventilated as to allow sound sleep.
- A total of 74% respondents supported the idea that the duration of time they participated in fitness and recreational activities depended on the number of hours they slept.
- Several respondents 85% indicated that how fit they were was dependent on the duration of time they slept before participating in fitness and recreational activities.
- Majority of the respondents 70% also indicated that inadequate sleep militated against their withstanding the rigours of participation in fitness and recreational activities.

Students should therefore adopt the habit of engaging in sound and enough sleep in order to create a better lifestyle platform for actively and purposefully participating in recreational and fitness activities.