
NEWSLETTER

Effects of Sleep Quality on Academic Performance of Children Aged 10 to 12: The Mediating Role of Updating Ability

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RESEARCH has shown that sleep quality can positively predict academic performance of the student. Previous studies have focused on examining the correlation in secondary and tertiary education students, with little attention paid to that among primary school students. A recent cross-sectional study demonstrated that primary school students had higher risk of low sleep quality than other groups. Through a mediation model, this study investigated the relation between sleep quality and academic achievement in primary school students and the mediating effect of updating ability on this relationship.

Research findings include:

- Sleep quality was positively correlated with academic performance and updating ability of primary school students; student updating ability was positively related to their academic achievement. That means the higher their sleep quality, the better their updating ability and academic results. High sleep quality is beneficial for the neurodevelopment, a key factor in cognitive maturation and academic success.
- Updating ability played a complete mediation role in the relation between sleep quality and academic performance in primary school students. Desirable academic achievement is the result of the development of cognitive competences (such as attention, information process, and memory) and positive behavioral tendencies (concentration and impulsion suppression); Good sleep is the precondition for sustaining updating ability of the individual.

The article also set forth the limitations of this study: Other key factors influencing student academic performance should have been controlled; the association between sleep quality and student academic achievement and the mechanism of impact were not fully confirmed; more paths affecting the relation between sleep quality and academic results need to be explored; aside from updating, the explanatory power of other executive functions for the relation in question also deserves investigation.

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