

# 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 Cognitive (COG), Signal Detection (SIGNAL), 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 21.53 (SD = 2.54) years. A positive correlation was found between COG-Corrects and PSQI scores, and COG-Incorrects and DASS-Stress. There was a negative correlation between SIGNAL-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

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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 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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