

- **Granada**

4°C, Fair

H: 7°C | L: -5°C



- **Almeria**

7°C, Fair

H: 10°C | L: 2°C



- **Seville**

9°C, Fair

H: 12°C | L: -2°C



Dreaming of top grades in Spain

February 12, 2012 • [Lead2](#), [OP-Xtreme](#) • 1 Comments

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TEENS who get more sleep are likely to score higher in maths, according to Spanish researchers.

Kids who sleep between six and eight hours get significantly better scores, as compared to those with too little sleep (six hours or less per night) or too much (more than nine hours per night).

Researchers from the University of Granada analyzed a sample of 592 students aged 12 to 19 years from a Sevilla secondary school.

The students answered two different questionnaires aimed at measuring the quality of sleep, level of sleepiness and tendency to fall asleep.

The researchers found that adolescents sleeping more hours get higher marks in mathematics and in physical education, as compared with the rest of the subjects.

Both subjects involve skills that are more influenced by sleep patterns, it emerges.

Unfortunately, kids in Spain tend not to get enough sleep.

Researchers in Valencia found that 15 per cent of children have no regular time for going to bed on school



- You don't want to be falling asleep in class, so get a good night's sleep!

nights, or effectively choose their own bedtime.

“We live in a 24-hour society, which sends out a signal to young people that sleep is of no great importance,” explained one of the researchers.

“When in fact sleep plays a major role in the fight against obesity and poor school performance.”

So, when Mum and Dad start nagging for you to brush your teeth and get to bed, perhaps it’s not so bad after all – and maybe your maths will get a whole lot easier.

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Sé el primero

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1.  Stuart Crawford says: