

The Effects of Sleep on Academic Performance in College Students

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HYPOTHESIS

1. The hypothesis is that college students who sleep less than 7-8 hours have a lower academic performance to students who receive more than 7-8 hours.



RESULTS

1. Sleep quality and academic performance
 - ❖ Results indicate our scale's reliability indicates good internal consistency of .71.
2. Sleep quality and grade satisfaction
 - ❖ ANOVA test was used to explore univariate groups difference, the results from the data in the study were significant for grade satisfaction $F(2,45)=7.699$, $p=00.1$
3. Hypothesis was supported by findings
 - ❖ Students who were not at all satisfied with their grades has lower sleep quality scores ($M=3.25$), than students who were somewhat satisfied ($M=7.75$), and very satisfied ($M=9.07$)



PARTICIPANTS

- ❖ 48 Students
- ❖ 38 Women / 9 Men / 1 nonbinary
- ❖ Average Age = 22
- ❖ Race
 - ❖ African American (N = 44, 91%),
 - ❖ White, (N= 1),
 - ❖ Latino (N =1),
 - ❖ Asian (N =1),
 - ❖ Multiracial (N=1)



MEASURES

- ❖ 44 questions in total
- ❖ Sleep: 2 questions,
 - ❖ Average Daily Sleep – ranging from 0- 8 hours daily
 - ❖ 7-item scale measuring quality of sleep developed by the students – higher scores mean better sleep
- ❖ Education: Satisfaction with grades – responses include not at all satisfied, somewhat satisfied, and very satisfied



DISCUSSION

The results of this study suggest the following:

- ❖ Students who are not at all satisfied with their grades had lower sleep quality scores
- ❖ Students who were very satisfied with their grades had higher sleep quality scores
- ❖ It is suggested that students who balance their academic work, get a full night's rest. Nevertheless, there are a few students who receive less sleep and struggle, and ultimately are not satisfied with their GPA.

