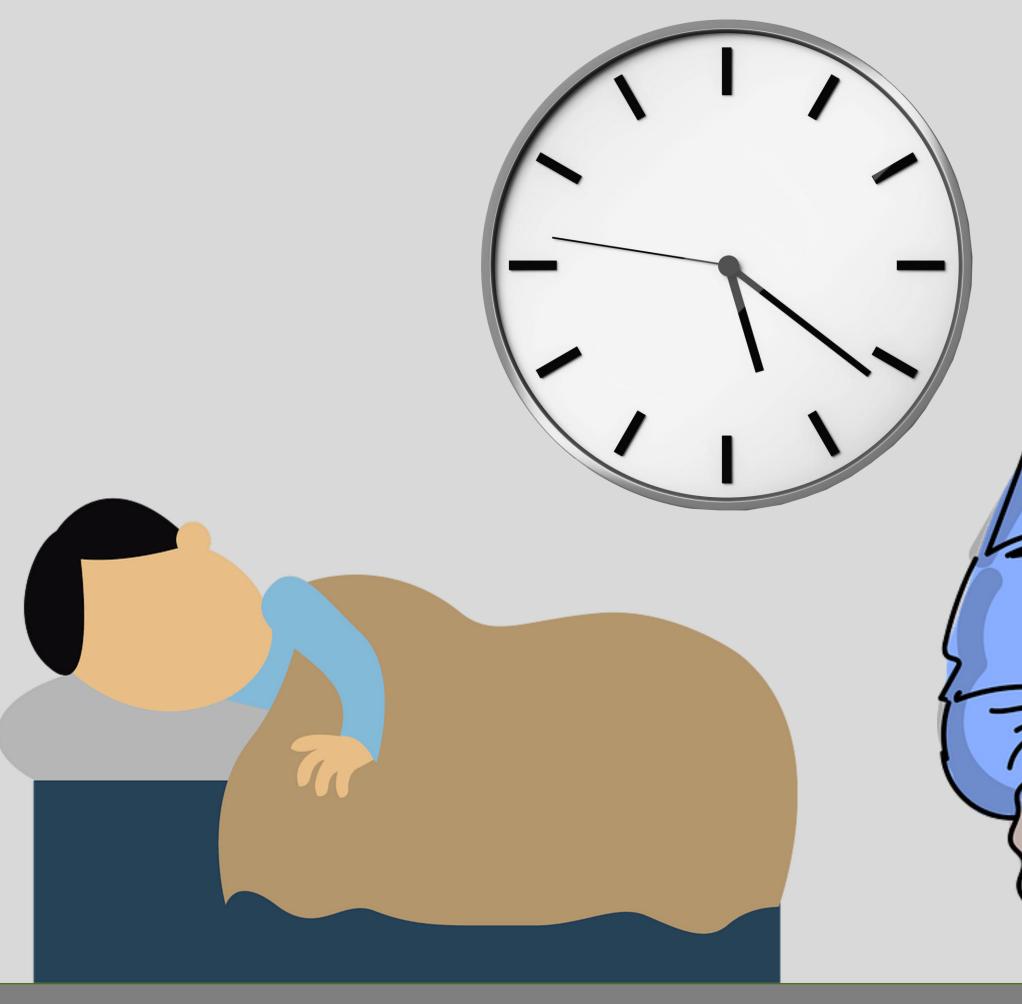
The Effects of Sleep on Academic Performance in College Students Saryna Leonardo, Zamira Harris, Rogela Williams, & Binthy Muie Department of Behavioral Sciences & Human Services, Bowie State University HYPOTHESIS RESULTS 1. The hypothesis is that college students who sleep less than 7-8 hours have a lower academic performance to students who receive more than 7-8 hours. internal consistency of .71. 2. Sleep quality and grade satisfaction p=00.1)3. Hypothesis was supported by findings PARTICIPANTS DISCUSSION



48** Students **38** Women/9 Men /1 nonbinary **Average Age = 22 ***Race A frican American (N = 44, 91%),White**, (N= 1), Latino (N = 1),Asian (N = 1),*****Multiracial (N=1) MEASURES SURVEY *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

1. Sleep quality and academic performance Results indicate our scale's reliability indicates good

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,

- 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)



- 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.



