

# Sleep Disorder vs GPA and Relationships

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## HYPOTHESES

1. The first hypothesis is that students who suffer from sleep disorders have lower GPAs or are not satisfied with their GPAs.
2. The second hypothesis is that those who suffer from sleep disorders tend to have worse relationships or be less satisfied within them.

### Types of Sleep Disorders:

- Insomnia
- Sleep apnea
- Restless leg syndrome (RLS)
- Hypersomnia disorders, such as narcolepsy
- Circadian rhythm disorders
- Parasomnia



health

## PARTICIPANTS

- ❖ 146 Students
- ❖ 88 Women/58 Men
- ❖ Average Age = 24
- ❖ Race
  - ❖ African American (N =121, 82.9%),
  - ❖ White, (N= 7),
  - ❖ Latino (N =7),
  - ❖ Asian (N =1),
  - ❖ Native American, and (N = 2) and
  - ❖ Six participants indicated their race as Other.



## MEASURES



- ❖ Sleep Disorders (Yes= 17, No=103)
- ❖ GPA (3.5 and above; 3.0 to 3.4999; 2.5 to 2.999; 2.0-2.499; 1.00-1.999; below 1.0)

## RESULTS

1. Sleep Disorders and Relationship Satisfaction
  - ❖ Sleep Disorders & Relationship Satisfaction,  $t(67)=1.474, p=.073$
  - ❖ Not significant,
2. Sleep Disorders and GPA Satisfaction
  - ❖  $T(49)=1.690, p=.049$
  - ❖ Significant,



## DISCUSSION

The results of this study suggest the following:

- ❖ Students who suffer from sleep disorders are generally satisfied with their grades.
- ❖ Students who suffer from sleep disorders are generally not satisfied with their relationships.