

# Analyzing the Impact of Study Habits and Sleep Patterns on Academic Performance

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# Problem Statement ✨

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Many students find it hard to balance study time and sleep.

This project explores:

- Does spending more time studying lead to better grades?
- Does the amount of sleep affect how well students perform in school?
- We aim to understand how study habits and sleep patterns impact academic performance.



# Type of Problem & Statistical Model to Be Used

## Type of Problem:

- Quantitative Problem – We are measuring and analyzing numbers (study hours, sleep hours, grades).
- Statistical Model:
- Correlation Analysis: To see if there is a relationship between study time, sleep time, and grades.
- Multiple Regression: To see how both study time and sleep together impact academic performance.

# Brief Description

## Correlation Analysis:

- What it does: It checks if more study time and more sleep are linked to better grades.
- What it shows: It tells us if there's a positive or negative relationship between the factors.

## Multiple Regression:

- What it does: It looks at both study time and sleep together to see how they affect grades.
- What it shows: It tells us which factor (study or sleep) has a bigger impact on grades.

# *Future Research*

PSYCHOLOGY 2020

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# Thank you

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