

As is known to all, sleep is of vital importance to our human beings. Sleep is one of the most necessary routines in one's daily life. And it can influence students' development of cognitive and attention, which in turn affects their academic performance. To help improve student's work efficiency and scores, numerous scientists have carried out study on the relationship between sleep quality and students' academic performance and study efficiency. But nowadays, sleep problem is quite serious among college students. Some suffer severe sleep disorder or disease and could not attain enough and sound sleep, which directly influence their academic performance. However, others stay up late to work hard on their study and profession, thus significantly cut down their sleep time. If this study can actually find out the relationship between students' GPA and their sleep length, it can be meaningful and helpful for students to decide how long they should sleep to attain the best scores. It can also prevent students from staying up too late to study, which cannot benefit their GPA but influence their physical health.

The research on the relationship between the lengthen of time and study or work efficiency began as early as 1913, And it is agreed widely that the sleep have close relationship with the study efficiency of work and study, which in turn has profound influence on one's future development and career success.

First of all, **Poor Sleep Quality Exacerbates Psychomotor Performance. This means that** sleep quality and length influences mental health and psychomotor performance, which can impact students' performance directly. This is mainly because poor sleep quality is related to one's attentional performance and pressure, which can influence their academic performance.

Besides, there are also studies have found **Associations between sleep and academic performance**. It is widely accepted that poor sleep can result in poor academic performance as well as work efficiency. That is because poor sleep can influence their work efficiency as well as the ability of managing their time.

To sum up, student's sleep duration and quality can influence their academic performance and work efficiency in several aspects, including mental and psychomotor health, cognitive dissonance and behavior disorder and so on. All these theories lay a solid foundation for my research. But those above studies mostly use students in junior

high school as research subjects while others mainly tried to find out the sleep length for early child development. It is difficult to find a survey mainly concentrated on college students, who have more complex factors to influence their academic health, including different mental conditions, unfamiliar environment, mature intelligence and ideology and so on. So it is quite necessary to develop a study mainly focus on college students.

The research was carried out mainly among students in Chong Qing University in June 2021, which mainly through Internet. I designed a questionnaire to collect data from students and a self-made format to evaluate the relationship between

their sleep length and GPA. I would first use the format to calculate each participant's correlation score, and then they are divided into three categories, which are of high medium or low correlation. Besides, I would also work out the percentage of each kind of the students to find out the conceptual database.

This is my proposed timeframe, which is mainly divided into four parts for preparation, distributing questionnaire, analyzing data and finish the research paper. It is expected that most students will be high correlation students while there may be few students with medium correlation or even low correlation. it is also expected to reach a conclusion that sleep length do correlate with students' GPA, it is also expected that student with average sleep time for 7- 8 hours and study time for 10 hours everyday can get the highest GPA, which make a perfect balance among sleep, study and entertainment.

The foundation of the study based on numerous studies made by previous researches, which lay a solid foundation for this study. Besides, I also study the necessary preparation includes current situation and relevant reference. So I believe that it is feasible to make such a research. However, the participants are mostly students from Chong Qing University so cannot represent all college students. Besides, the methodology was designed by the author, which may not be accurate and perfect enough to describe the whole situation. So it is expected that future researchers can make further development on this topic