

Life Impacts on Student Sleep

How do different aspects of college students' lives impact their sleep?

Rationale of Study

Sleep is a foundational pillar when it comes to cognitive function, psychological well-being, and physical development. There are various aspects to a college students' life that plays a vital role in their sleep patterns. It's crucial that we gain a deeper understanding in this interconnected relationship between these aspects of life and students' sleep.

119

Number of Respondents

Gender

Man	Non-binary	Woman
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Qualitative Data Collection

In order to get a background on this study, we looked into existing scholarly literature that informed our understanding of the key variables influencing student sleep and summarized findings from various qualitative student interviews, providing context-specific insight into the overall student experience.

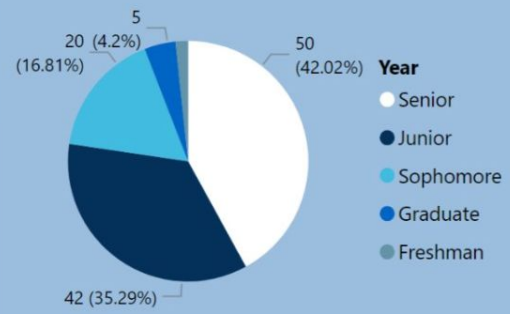
Developing Our Survey Contents

This data collection revealed the gaps in knowledge there are concerning the interplays of all these factors. The finalized themes that emerged from our analysis became the foundational categories/themes within our survey.

Launching Our Survey

Our finalized survey was launched and sent out using various sampling methods, including convenience, snowball, and voluntary sampling.

Proportion of Respondents by Academic Standing



2.97

Avg Sleep Quality Score

Creating Our Sleep_Quality_Score Variable

Since we measured student sleep against various aspects of life we created a composite variable for sleep.

$$\text{sleep_enough} + \text{trouble_falling} + \text{trouble_staying} + \text{wake_refreshed} = \text{Sleep_Quality_Score}$$

What We Found...

83%

of our respondents strongly agree that a good night of sleep helps them focus better academically

Academic Standing

Freshman
Graduate
Junior
Senior
Sophomore

119

Number of Respondents

2.97
Avg Sleep Quality Score

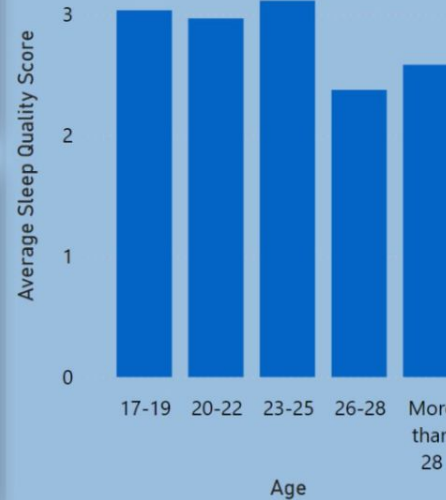
Nap Duration

2-3 hours	fewer than 30 minutes
30-1 hour	more than 3 hours

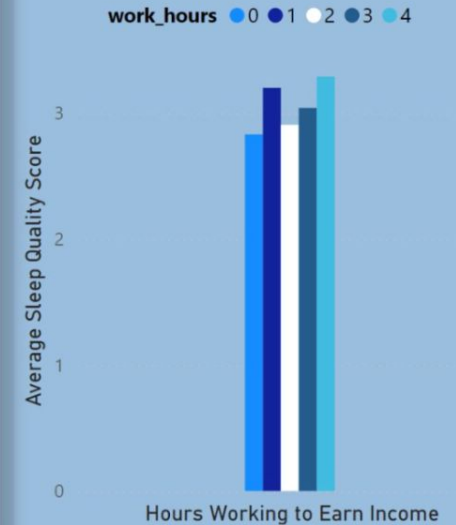
Weeknight Hours of Sleep

4-6 hours	Fewer than 4 hours
7-9 hours	More than 9 hours

Average Sleep Quality Score vs. Age



Average Sleep Quality Score vs. Hours Working to Earn Income



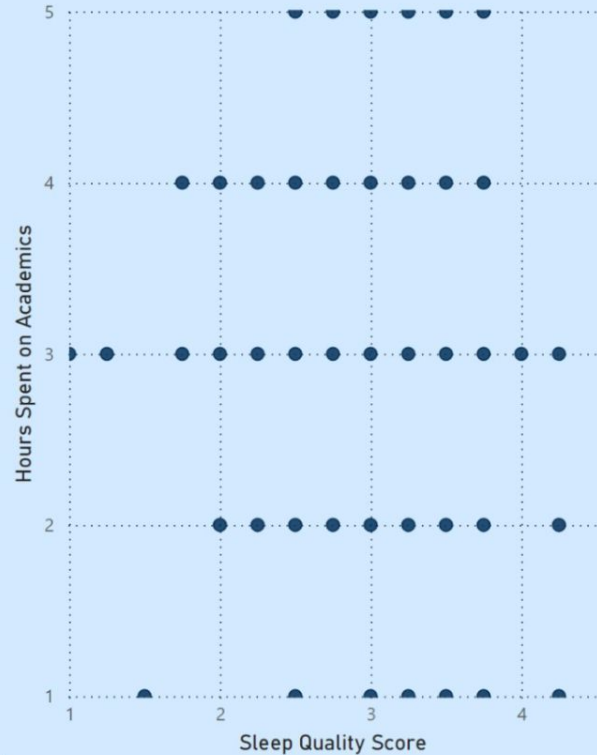
46%

of our working respondents say that they sometimes struggle to balance their academic workload and work schedule.

Possible correlations...

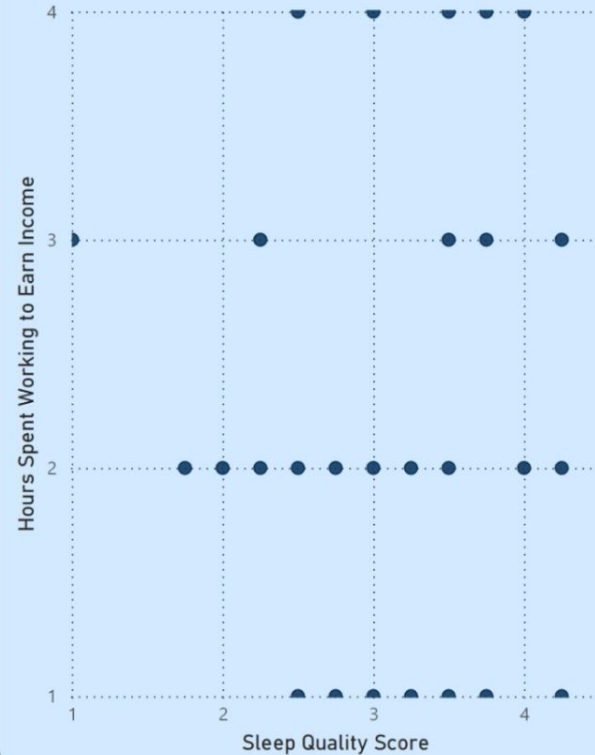
Correlation: None

Academic Hours vs. Sleep Quality Score



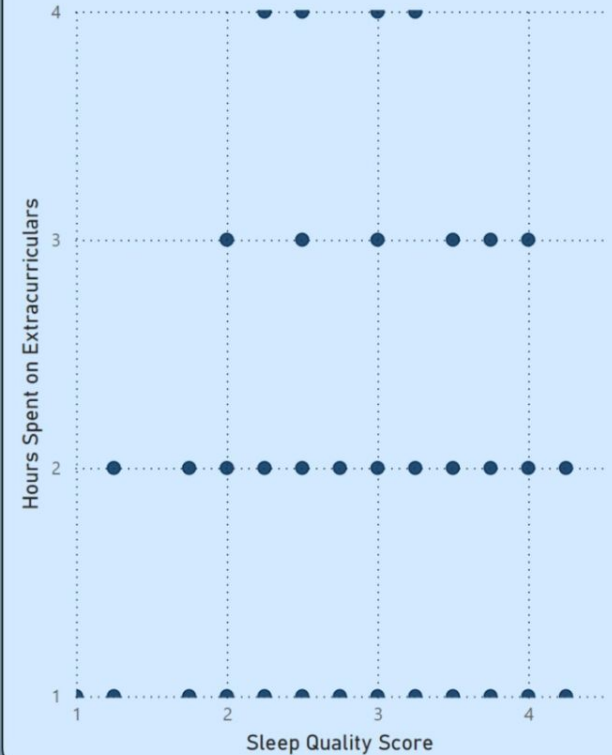
Correlation: 0.12

Work Hours vs. Sleep Quality Score



Correlation: 0.05

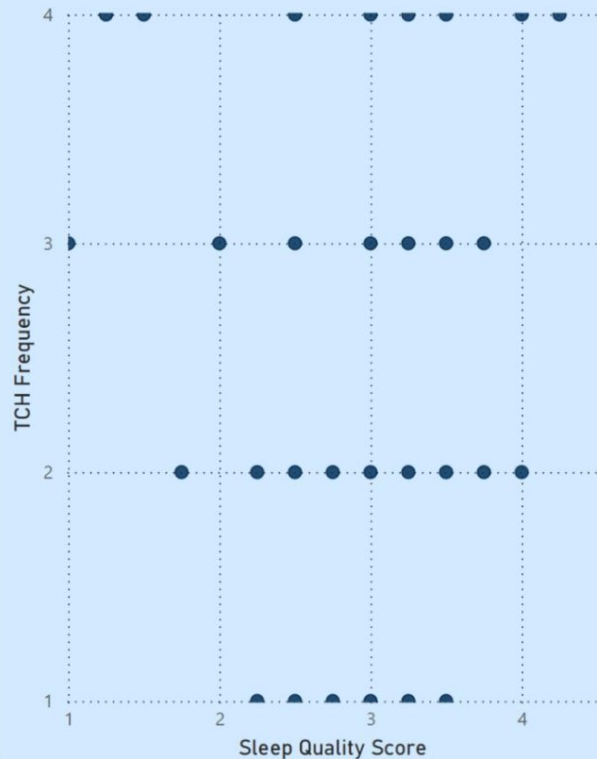
Extracurriculars Hours vs. Sleep Quality Score



More possible correlations...

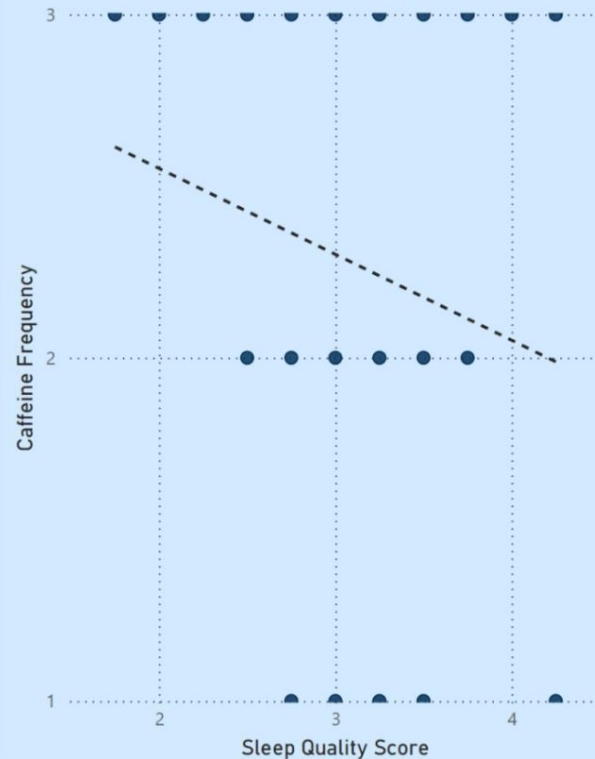
Correlation: 0.138

TCH Frequency vs. Sleep Quality Score



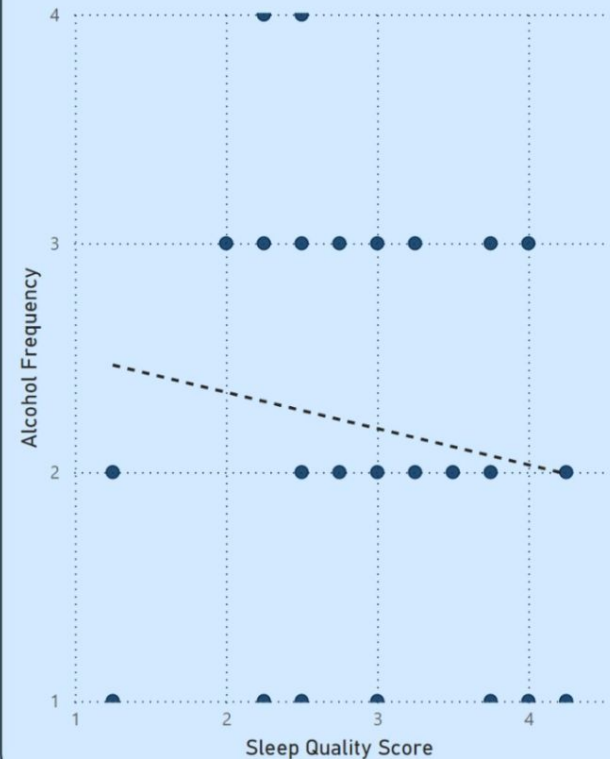
Correlation: -0.13

Caffeine Frequency vs. Sleep Quality Score



Correlation: -0.08

Alcohol Frequency vs. Sleep Quality Score



Some More Fun Proportions!

87%

of our respondents rely on caffeine to some extent to function academically.

65%

of our respondents agree that being stressed out about exams/assignments negatively affects their sleep.

72%

of our respondents agree that taking naps help them feel better during the day.

68%

of our respondents say that marijuana positively affects their sleep.

49%

of our respondents say that alcohol negatively affects their sleep.

19%

of our respondents say that their diet negatively affects their sleep.