**HKU SPACE Community college**

**Higher Diploma Programme**

**Second Semester 2023-2024**

**English for Academic Purposes (Part II)**

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Assignment 1: Annotated Bibliography

“Does sleep quality have a significant effect on academic performance?”

To: Henry Choi

From: Li Ming Ho

Class: CL-50

Submission date: 2024/3/4

Steven P. Gilbert & Cameron C. Weaver (2010). Sleep Quality and Academic Performance in University Students: A Wake-Up Call for College Psychologists. *Journal of College Student Psychotherapy*, 24:4, 295-306. doi: 10.1080/87568225.2010.509245

After examining the connection between sleep quality and academic performance, Steven and Cameron hypothesized that students with poorer sleep quality will have lower GPAs and will be more likely to drop or withdraw from courses. After screening out depressed students and utilizing the Pittsburgh Sleep Quality Index (PSQI) for measuring sleep quality, their findings support this hypothesis, demonstrating a negative correlation between sleep quality and GPA. As 70% of the study's participants were found to be clinically having poor sleep quality, Steven and Cameron suggested that college psychologists should be aware of the potential impact of sleep quality on student’s success. The article also stated that longitudinal studies are required for establishing a causal relationship between sleep and academic performance.

Shelley D Hershner & Ronald D Chervin (2014). Causes and consequences of sleepiness among college students. Nature and Science of Sleep, 6:, 73-84. doi: 10.2147/NSS.S62907

This research investigates college students about the factors of sleep deprivation, irregular sleep schedules and the effects of insufficient sleep, including academic result. Shelley and Ronald stated that while there is no sufficient evidence to proof the direct relationship between sleep and academic result, it is found that students with more sleeping time tends to obtain a higher GPA level. Also, it is observed that students with later bedtimes generally receives a lower GPA, while students who take daytime naps may assist some of the memory tasks and therefore improves learning efficiency. Finally, Shelley and Ronald reminds academic institutions about the policies and class schedules that may bring impacts on sleepiness, academic performance, and the well-being of students.

Armand, M. A., Biassoni, F., & Corrias, A. (2021). Sleep, Well-Being and Academic Performance: A Study in a Singapore Residential College. Frontiers in Psychology, 12. doi:10.3389/fpsyg.2021.672238

This article explores the connection between sleep quality, psychological well-being, and academic performance in college students. The study reveals that students with better sleep quality tend to experience higher levels of both psychological well-being and academic performance. Also, the author discovered that psychological well-being strengthens the relationship between sleep quality and academic performance. In other words, students with high levels of well-being benefit the most from good sleep quality in terms of academic achievement.