**Documentation for the College Student Sleep Dataset**

The College Student Sleep study investigated the relationship between college-student life, academic performance, and sleep. They surveyed a sample of 253 college students from a liberal arts college in the northeastern United States[[1]](#footnote-1).

The students completed questionnaires on sleep, behavior, mood, and college life, in addition to tests to measure cognitive function. The student’s GPA were obtained from the registrar’s office.

There are 27 variables on this file. The following is a brief description of the variables:

|  |  |  |
| --- | --- | --- |
| **Variable Name** | **Description** | **Additional Information** |
| Gender | Sex as binary | 1 = Male  0 = Female |
| ClassYear | Year in school | 1 = First year  2 = Sophomore  3 = Junior  4 = Senior |
| LarkOwl | Early riser or night owl? | Lark  Neither  Owl |
| NumEarlyClass | Number of classes per week before 9 am |  |
| EarlyClass | Indicator for any early classes | 1 = Yes (has an early class)  0 = No (does not have an early class) |
| GPA | Grade point average | 0-4 scale |
| ClassesMissed | Number of classes missed in a semester |  |
| CognitionZscore | Z-score on a test of cognitive skills |  |
| PoorSleepQuality | Measure of sleep quality | Higher values are poorer sleep |
| DepressionScore | Measure of degree of depression | Higher values indicate mood complaints |
| AnxietyScore | Measure of amount of anxiety | Higher values indicate mood complaints |
| StressScore | Measure of amount of stress | Higher values indicate mood complaints |
| DepressionStatus | Coded depression score | Normal  Moderate  Severe |
| AnxietyStatus | Coded anxiety score | Normal  Moderate  Severe |
| Stress | Coded stress score | Normal  Moderate  Severe |
| DASScore | Combined score for depression, anxiety, and stress | Higher values indicate mood complaints |
| Happiness | Measure of degree of happiness |  |
| AlcoholUse | Self-reported alcohol use | Abstain  Light  Moderate  Heavy |
| Drinks | Number of alcoholic drinks per week |  |
| WeekdayBed | Average weekday bedtime | 24.0 = midnight |
| WeekdayRise | Average weekday rise time | 8.0 = 8am |
| WeekdaySleep | Average hours of sleep on weekdays |  |
| WeekendBed | Average weekend bedtime | 24.0 = midnight |
| WeekendRise | Average weekend rise time | 8.0 = 8am |
| WeekendSleep | Average hours of sleep on weekend days |  |
| AverageSleep | Average hours of sleep for all days |  |
| AllNighter | Had an all-nighter this semester? | 1 = Yes  0 = No |

1. Onyper, S. V., Thacher, P. V., Gilbert, J. W., & Gradess, S. G. (2012). Class start times, sleep, and academic performance in college: a path analysis. *Chronobiology International*, *29*(3), 318-335. [↑](#footnote-ref-1)