**Practice methodology writing**

**Research Methods**

**Objective:**

To investigate the relationship between sleep quality, mental health, and academic performance among university students over a semester.

**Study Setup:**

- Location: A large private university

- Duration: 10 weeks (one academic term)

- Participants: 150 undergraduate students from 5 different majors

- Incentives: Participants receive course credit for full participation

**Data Collection:**

- Method: Online self-reported surveys + wearable sleep trackers (optional)

- Tool: Qualtrics survey platform

- Frequency: Biweekly survey submissions

**Data Collected:**

- Sleep metrics: Average sleep duration, sleep efficiency (via self-report & trackers)

- Mental health: Stress levels (Perceived Stress Scale), anxiety (GAD-7), mood (PANAS)

- Academic performance: Midterm & final exam scores, self-reported study hours

- Lifestyle factors: Caffeine intake, exercise frequency

**Data Analysis:**

- Quantitative analysis: SPSS for correlation, regression, and ANOVA

- Qualitative insights: Thematic analysis of open-ended responses on sleep challenges

**Ethical Considerations:**

- IRB approval obtained

- Anonymized data storage

- Participants can withdraw anytime