THE UNIVERSITY OF ARIZONA

GRADUATE COLLEGE

As members of the Dissertation Committee, we certify that we have read the dissertation prepared by Audrey Renee Nelson entitled Effects of Effects of Stress, Sleep Hygiene, and Exercise on Academic Engagement in Undergraduate Students and recommend that it be accepted as fulfilling the dissertation requirement for the Degree of Doctor of Philosophy

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Michael Sulkowski, Ph.D.

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Michelle Perfect, Ph.D.

Final approval and acceptance of this dissertation is contingent upon the candidate’s

submission of final copies of the dissertation to the Graduate College.

I hereby certify that I have read this dissertation prepared under my direction and

recommend that it be accepted as fulfilling the dissertation requirement.

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Dissertation Director: Michael Sulkowski, Ph.D.