

Sleep Qualities Effect on GPA

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For our research, we asked the following question: In college students, how is the quality of sleep associated with grade point average? This question came from previous research that was done on college students, observing the lack of sleep correlating with the workload of being a college student. In our study, we are looking specifically at nursing and IPHS students who attend Alma College full-time and how their quality of sleep effects their GPA. This study will be conducted during the two weeks prior, as well as the week of midterms during the winter 2021 semester. This is a preliminary study and will be analyzed with the Pittsburgh Sleep Quality Index (PSQI) to turn qualitative responses into quantitative, measurable data. The quantitative value of the semester's midterm GPA will be recorded and compared with the PSQI score. We wanted to research this to determine if a lack of sleep could be associated with a lower GPA average and vice versa being a better quality of sleep could increase a student's GPA. We are hoping that this preliminary study can be used to spark future research aimed towards college students' sleeping habits. The expected results of this survey are to observe a small association between the quality of sleep achieved and the student's midterm GPA.