Sleep as an Occupation in College Students

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Sleep as an Occupation in College Students
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INTRODUCTION

SLEEP AS AN OCCUPATION
• Sleep is vital for all human life. A good quality of sleep may result in behavioral, occupational, psychological, cognitive impairments and even premature death (Curcio et al., 2006).

SLEEP DISORDERS
• Common sleep disorders include insomnia, sleep apnea and narcolepsy (Buck, 2013).

COLLEGE STUDENTS
• University students often have trouble falling asleep and staying asleep for 7-10 hours a night (CDC, 2013).
• Athletes, first generation students & students with disabilities were shown to have a higher risk of experiencing sleep disturbances.

SLEEP AND OCCUPATIONAL THERAPY
• Rest and sleep are categorized as occupations in the Occupational Therapy Practice Framework (ADTA, 2014).
• Sleep is the only occupation that cannot be performed by another person (Pedretti, 2010).
• OTs implement interventions to address sleep insufficiency and sleep disorders (Leland et al., 2014).

METHODOLOGY

RECRUITMENT and DATA COLLECTION
• Flyers, emails, & face-to-face strategies
• 15 min survey on Survey Monkey

DATA ANALYSIS
• Quantitative Data: Statistical Package Social Sciences Version 22.0 (SPSS V22.0) Pearson’s r correlation coefficient
• Qualitative Data: Open ended questions regarding sleep disturbances

RESULTS

QUANTITATIVE DATA
1. PSQI score: 135 (64.6%) participants reported poor sleep quality and 74 (35.4%) participants reported good sleep quality.
2. Weak positive correlation (r = .33) between PSQI scores and disability, sleep duration and GPA.
3. Average number of sleep hours reported by participants is 6.68 hours.
4. No significant correlations between PSQI scores, participant demographics or self-efficacy responses.

QUALITATIVE DATA
1. Environmental factors such as lighting, temperature, and noise affect quality of sleep.
2. Sleep behaviors: sleep talking, snoring, tossing and turning, and coughing.
3. Impact of partners and roommates: noise, movement, and snoring.

DISCUSSION
• Results support existing evidence suggesting college students are sleep deprived.
• Over ⅓ of participants reported sleep issues that could be addressed by an occupational therapist.

SUGGESTIONS FOR FUTURE RESEARCH
• Focus on key finding, which suggests that over ⅓ of undergraduate students have poor sleep quality and/or quantity.
• Conduct further studies with college students to determine specifically what is affecting their sleep quality and quantity and how it varies across time.
• Focus on specific student categories, ex: students with disabilities

SUGGESTIONS FOR OCCUPATIONAL THERAPY
• OTs can help improve the performance of sleep as an occupation.
• Interventions to improve sleep quality through environmental modifications, client education, and promotion of good sleeping habits.
• Create sleep promotion programs targeting young adults to address their unique biological and physical needs.

LIMITATIONS
• Responses based on self-report, weak possibilities possibly due to small sub-category sample sizes.

REFERENCES