Sleep as an Occupation in College Students

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INTRODUCTION

The average person spends 1/3 of his or her life sleeping (Curcio et al., 2006). College students have poor quality and quantity of sleep resulting in poorer performance in student related occupations, and academic performance. Minimal evidence examines the relationship between self-efficacy, sleep, and occupational performance in college students. OTs can develop interventions to improve sleep problems by modifying the environment and performance patterns of college students.

STATEMENT OF PURPOSE

1. Measure sleep quality and patterns of sleep in undergraduate college students
2. Explore the relationship between sleep, academic self-efficacy and student characteristics
   - First-generation college students
   - Students with disabilities
   - Student athletes

METHOD

DESIGN
- Quantitative, exploratory, descriptive, and correlational.
- Used PSQI and original questionnaire.
- Areas measured: sleep duration, sleep disturbances, sleep latency, sleep medication, day dysfunctions, sleep efficiency, demographic information, self-efficacy.

PARTICIPANTS
- Undergraduate college students
- 18 – 25yos, no diagnosed sleep disorders

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

ANALYSIS
- Quanitative Data: Statistical Package Social Sciences Version 22.0 (SPSS V22.0)
- Participant Demographic Data

QUALITATIVE DATA
- Open ended questions regarding sleep disturbances

RESULTS

QUANTITATIVE DATA
1. PSQI scores: 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 ¼ of participants reported sleep issues that could be addressed by an occupational therapist.

REFERENCES

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