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Sleep as an Occupation in College Students

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Sleep as an Occupation in College Students
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INTRODUCTION

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).

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

RESEARCH QUESTION

What is the relationship between sleep and academic self-efficacy in undergraduate college students?

METHODOLOGY

METHOD

- Quantitative, exploratory, descriptive, and correlational study
- 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 – 25yo, no diagnosed sleep disorders

DESIGN

- Quantitative data: Statistical Package for Social Sciences Version 22.0 (SPSS 22.0) Pearson’s r correlation coefficient
- Qualitative data: Open ended questions regarding sleep disturbances

RECRUITMENT AND DATA COLLECTION

- Flyers, emails, face-to-face strategies
- 15 min survey on Survey Monkey

DATA ANALYSIS

- Quantitative data: Statistical Package for Social Sciences Version 22.0 (SPSS 22.0)
- Pearson’s r correlation coefficient
- Qualitative data: Open ended questions regarding sleep disturbances

RESULTS

- PSQI scores: 135 (64.6%) participants reported poor sleep quality and 74 (35.4%) participants reported good sleep quality
- Weak positive correlation (r = .33) between PSQI scores and disability; sleep duration and GPA.
- Average number of sleep hours reported by participants is 6.68 hours.
- 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 67% 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 67% 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, e.g. 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 correlations possibly due to small sub-category sample sizes.