Abstract

Purpose: Adequate sleep is one of the most important factors in maintaining bodily homeostasis in adolescents. The existent literature shows that a substantial number of college students do not receive adequate amounts of sleep (Gilbert and Weaver, 2010). It is important to determine which factors affect sleep the greatest since poor sleep habits can negatively affect these individuals’ functioning on academic performance (Gilbert and Weaver, 2010). This study focused on Hispanic students due to the fact that on average, Hispanics demonstrate lower levels of academic achievement (Guyll, Madon, Prieto & Scherr, 2010).

Methods: I utilized a survey that incorporates questions on the Insomnia Severity Index (Bastien CH, Vallières A, Morin) to determine sleep problems, which factors affect sleep habits, and study habits. The survey was electronically distributed via email to undergraduate Hispanic organizations at the University of Texas at Austin via email.

Findings: A correlational statistical analysis was used to analyze the data. A total of 45 participants completed the survey. Sleep habits and study habits were positively correlated ($r=.592; p=.05$). Homework was the greatest factor in affecting sleep habits, with 31% of students stating homework affects sleep “very much”, and 38% of students stating homework affects sleep “much.” Participants that reported satisfaction with their current sleep pattern also reported satisfaction with their study habits.
Conclusions: Among the sample population, it is apparent that homework was the greatest factor to interfere with sleeping habits. The findings support the hypothesis that sleep habits can affect individuals’ functioning on academic performance.

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