

Relation Between Stress and Sleep

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HYPOTHESIS

1. The hypothesis is that students who experience more stress from school and work are more likely to have lower sleep quality.



MEASURES

- ❖ Total Stress (Range: 9 – 29; M = 19.78)
- ❖ Total Bad Sleep (Range: 3 - 9; M = 6.77)



PARTICIPANTS

- ❖ 49 Students
- ❖ 33 Women/ 15 Men / 1 Unspecified
- ❖ Average Age = 25
- ❖ Race
 - ❖ African American (N = 43),
 - ❖ White, (N= 1),
 - ❖ Latino (N =2),
 - ❖ Asian (N =1),
 - ❖ Two participants indicated their race as Other.



RESULTS

1. Higher Stress and Lower Sleep Quality
 - ❖ Extracurricular Activities & GPA, $r = -.342$, $p = .025$; Significant

DISCUSSION

The results of this study suggest the following:

- ❖ Based on prior research, expectations shows that students who are stressed would be associated with poorer sleep quality.
- ❖ Stress is an important factor that influences sleep quality.