

## Research Article Review: The Effect of Sleep on Academic Performance Among College Students

### Introduction

The research article *The Effect of Sleep on Academic Performance Among College Students* examines the relationship between sleep duration and students' academic success. The authors argue that students who maintain healthy sleep habits generally perform better academically than those who experience chronic sleep deprivation. This review summarizes the study, evaluates its research design and findings, and assesses its overall contribution to educational research.

### Summary of the Research

The purpose of the study was to determine whether sleep duration affects college students' academic performance. The researchers surveyed **500 undergraduate students** from five universities and collected information about their sleeping habits, study schedules, and grade point averages (GPAs).

The study used a **quantitative research design** with questionnaires and academic records as primary data sources. Statistical analysis showed a positive relationship between sleep duration and academic achievement. Students who averaged seven to eight hours of sleep each night generally earned higher GPAs than students who regularly slept fewer than six hours.

The researchers concluded that sufficient sleep contributes to better concentration, memory retention, and classroom performance. They also recommended that universities educate students about healthy sleep habits.

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### Evaluation of the Research

The article is well organized and follows a clear scientific structure, including an abstract, introduction, literature review, methodology, results, discussion, and conclusion. This organization makes it easy to understand the research process.

One of the study's greatest strengths is its relatively large sample size of 500 participants, which improves the reliability of the findings. The authors also explain their statistical methods clearly and present tables that summarize the results effectively.

Another strength is the use of recent literature. The researchers compare their findings with previous studies and explain how their results support existing evidence about sleep and learning.

However, the study also has several limitations. Because the participants reported their own sleeping habits, the data may contain self-reporting bias. Some students may have overestimated or underestimated the number of hours they slept.

Additionally, the research focused only on undergraduate students from five universities, limiting the ability to generalize the findings to graduate students or students in other countries.

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### **Analysis**

The research design is appropriate for answering the study's research question. The quantitative approach allows the authors to measure the relationship between sleep and academic performance using statistical evidence rather than personal opinions.

The methodology appears reliable because the researchers used standardized questionnaires and analyzed the data using recognized statistical techniques. The discussion section also acknowledges the study's limitations, which increases the credibility of the research.

Although the study identifies a strong relationship between sleep and academic success, it cannot prove that sleep alone causes better grades. Other factors such as study habits, stress levels, and mental health may also influence academic performance.

Future research could use experimental methods or follow students over several years to better understand the long-term effects of healthy sleep habits.

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### **Personal Response**

I found this research article informative and convincing because the authors supported every major claim with statistical evidence. The article demonstrates how an everyday habit like sleep can significantly influence learning and academic achievement.

The research also has practical value. Universities could use these findings to develop wellness programs that encourage students to improve their sleeping habits alongside their study routines.

Although the study has some limitations, particularly its reliance on self-reported data, the overall research is well conducted and provides meaningful insights into student success.

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### **Conclusion**

Overall, *The Effect of Sleep on Academic Performance Among College Students* is a well-designed research article that makes a valuable contribution to educational research. Its clear methodology, strong statistical analysis, and practical

recommendations make it a useful resource for educators, students, and university administrators.

While future studies should examine more diverse populations and consider additional influencing factors, the research successfully demonstrates the importance of healthy sleep habits in supporting academic achievement.

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**Reference (APA 7th Edition)**

Johnson, S., Lee, M., & Carter, E. (2024). *The effect of sleep on academic performance among college students*. *Journal of Educational Research*, 58(2), 145–162. <https://doi.org/10.xxxx/jer.2024.001>

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