

Sleep can be improved in students, even during finals week.

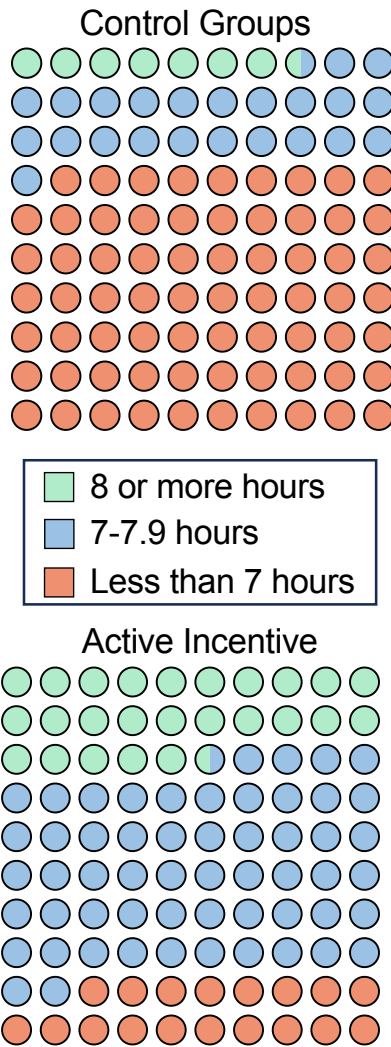
(and doing so benefits academic outcomes!)



#1943323: CAREER: Translating Innovations from the Sleep Lab to Enhance Classroom Education

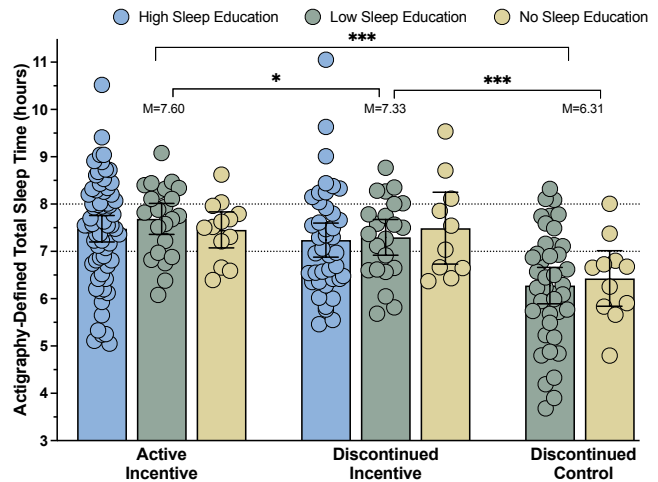


Most students restrict their sleep during finals week (top), but this late-night habit can be reversed via incentives to prioritize time toward sleeping (bottom).

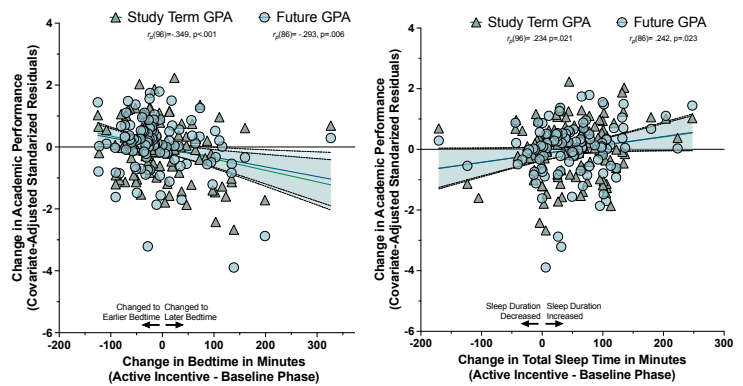


OR: 5.22, $p < .001$ (8+ hours); OR: 4.30, $p < .001$ (7+ hours)

> Half the benefit was sustained!



Students who **advanced bedtimes** (left) and **increased sleep duration** (right), improved their **future GPA**.



Methods

Sleep

GPA

- N=225 university students (neuroscience, psych, design)
- Sleep was measured by actigraphy at baseline (early-semester) and during finals week (incentive vs control).
- GPA derived from university records.
- Incentive condition: Students could earn 5 extra credit points on final exam for averaging ≥ 9 hours time in bed.
- Control condition: Wore actigraphy; no sleep changes required.

Challenges

Behavioral Change

- Challenges overcome: Instructor blinding, class-based research consent, actigraphy compliance
- Remaining challenges: Cannot use random assignment (ethical reasons) and haven't identified how to scale the extra credit incentive approach (we're testing monetary incentives in F24).



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Published Pilot Study:
<http://bit.ly/3QHdX6l>



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