

A night sky with the Milky Way galaxy and a mountain range silhouette. The sky is dark blue and black, filled with numerous stars. The Milky Way is visible as a bright, pinkish-purple band of light stretching across the sky. In the foreground, the dark silhouette of a mountain range is visible against the starry background.

Proposal Presentation

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EN202-01

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Primary Question:

- How does sleep deprivation affect college students?

Secondary Questions:

- What are the effects of lack of insufficient sleep on a student's academic performance?
- What causes sleep deprivation to occur? What are the other negative effects it has on the body?

Why I chose this topic?

Sleep deprivation has been a growing issue affecting many college students. It is something I would like to be addressed more frequently for it greatly has negative effects on students. I have experienced being in this situation as well and it worries me because when students lack sleep, their performance in school is what suffers.

Literature Sources

Tsui Y., & Wing Y. K. (2010). A Study on the Sleep Patterns and Problems of University Business Students in Hong Kong

<https://www.tandfonline.com/doi/abs/10.1080/07448480903221418>

Byrd C., Shoff S., White A., Lohse B., Horacek T., Colby S., Brown O., Kidd T., & Green G. (2015). Relationships of Sleep Duration With Weight-Related Behaviors of United States College Students

<https://www.tandfonline.com/doi/abs/10.1080/15402002.2015.1065411>

Pilcher J., & Walters A. S. (2010). How Sleep Deprivation Affects Psychological Variables Related to College Students' Cognitive Performance

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Forquer L. M., Camden A. E., Gabriau K. M., & Johnson C. M. (2010). Sleep Patterns of College Students at a Public University

<https://www.tandfonline.com/doi/abs/10.3200/JACH.56.5.563-565>

Gaultney J. F (2010). The Prevalence of Sleep Disorders in College Students and the Impacts on Academic Performance

<https://www.tandfonline.com/doi/full/10.1080/07448481.2010.483708>

Conduct Survey:	Letters to expert (if possible):	Interviews:
Oct. 8 - Oct. 12	Oct. 15 - Oct. 25	Oct. 22 - Oct. 31

Table #1

Table #2

Type of essay:	Process Essay	Descriptive Essay	Final Research Paper
Due date:	Oct. 7-10	Oct. 24	Nov. 14
Target to start & finish:	Oct. 3 - Oct. 9	Oct. 17 - Oct. 22	Nov. 1 - Nov. 10