

Sleep and Its Impact on PPS High School Students' Academic and Athletic Performances

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Race	White/Caucasian (55%)
Age	15 and under (90%)
Gender	Male (100%)
Education	9th-12th Grades (91%)
Household status	Two-parent home (73%)
Household Income	Between 25,000 to 50,000/ 50,001+ (36%)

Survey Question	Respondents	Total	Percentage
How many hours of sleep on average, do you receive nightly?	5 (8 - 9 hours)	11	45%
How often do you exercise weekly?	5 (4 - 5 days)	11	45%
Do you believe sleep and academic performance are related?	9 (Yes)	11	81%
Do you believe sleep and athletic performance are related?	9 (Yes)	11	81%
Do you feel tired after receiving limited sleep?	6 (Yes)	11	54%

Background

Sleep is just another one of those unexplainable things that humans need in order to complete activities throughout a normal person's day. Sleep can affect productivity, school work, athletics, or even mundane things like reading a book. Research says that although sleep does not directly affect athletic performance, it does impact a person's productivity, energy, effectiveness, and viability. This study investigates its impact.

Problem Statement

Many athletes do not receive adequate sleep. Sleep influences an athlete's practice and game performance at games and can also create physical and health related challenges.

Research Question

How does sleep impact PPS soccer athletes' academic and athletic performances?

Hypothesis

When working with less sleep, one's performance and productivity in school and athletics will decrease.

Purpose

Athletes receiving minimal sleep may likely influence their athletic and academic performances. This study seeks to explore the relationship between sleep and athletes' academic and athletic performances in PPS.

Targeted Population

Pittsburgh Public High School soccer players.

Results

My average survey respondent was a 15 year old White/Caucasian male, in the 9th-12th grades with an income of \$25,000 - \$50,000.

Respondents provided important feedback on their community. They noted that during the day most felt more safe compared to the evening. This may be vary based on neighborhood location and infrastructure.

My study sought to explore athletes' perceptions of sleep and academic and athletic performances. Results reveal that soccer athletes have experienced and understand the impact of limited sleep

Despite students' understanding, only 50% receive the recommended amount of sleep. Very few receive adequate sleep. This may be due to outside distractions or commitments to other activities, projects, life happenings, among others.

Discussion/ Conclusion

The findings will help people understand the effects of sleep on one's athletic/academic performance. Some limitations include limited survey respondents and diverse range of athletes - results may have differed by including more sports. Scholars should also explore the relationship between sleep and income - as it may be a predictor of sleep.