

# Early to Bed and Early to Rise: Impact of Sleep Patterns on Health and Concentration

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**Abstract**—Sleep is of vital importance and students burn the midnight oil without realizing that with limited hours of sleep they also limit their capacity to give their best. In today's fast paced life and everyday challenges the students struggle to get enough sleep so that their mind and body can recuperate and rejuvenate, this leaves them sleep deprived. This study aims to understand the relationship between quality and patterns of sleep and psychological health with a focus on 'concentration', 'productivity' and 'everyday challenges'. A sample of 93 female college students was taken for the study in order to get deeper insights with the help of tools like the Pittsburg Sleep Quality Index (PSQI) and General Health Questionnaire-12 (GHQ-12). Significant correlation was found between the quality and patterns of sleep and overall health as a whole as well as quality of sleep and concentration; quality of sleep and facing everyday challenges and actual hours of sleep and productivity. The results indicated that poor quality and pattern of sleep has a negative impact on health. Hence, to maintain a healthy life, adequate quality of sleep is important. The study raises the important issue of the health awareness and promotion of sleep in undergraduate students.

**Keywords:** *Quality and Patterns of Sleep, Health, College students, Concentration, Productivity*