
Plan Overview

A Data Management Plan created using DMPonline

Title: The Effects of Sleep Patterns on Academic Performance

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Funder: National Institutes of Health (NIH)

Template: 1 - VU DMP template 2021 (NWO & ZonMW certified) v1.4

Project abstract:

This research project aims to investigate the effects of sleep patterns on academic performance among college students. Sleep plays a vital role in cognitive functioning and overall academic success, yet many students struggle with irregular sleep patterns due to various factors. Through survey data collection, we will assess the sleep patterns, academic performance, stress levels, and study habits of a sample of college students. By analyzing the data using statistical methods, we seek to identify any relationships or correlations between sleep patterns and academic achievement. The findings of this study will contribute to our understanding of how sleep impacts academic performance and may have implications for promoting healthy sleep habits among students. Ultimately, this research aims to support students in optimizing their sleep patterns and enhancing their academic success.

ID: 126086

Start date: 13-06-2023

End date: 19-09-2023

Last modified: 07-12-2023

Grant number / URL: R01GM123456

The Effects of Sleep Patterns on Academic Performance

0. General information

0.1 Document version & date

Version 2.1
Date: 19 / 06 / 2023

0.2 Project title

The Effects of Sleep Patterns on Academic Performance

0.3 Project summary

The objective of this research project is to examine the effects of sleep patterns on academic performance among college students. Sleep is crucial for cognitive functioning, memory consolidation, and overall academic success. However, many students experience irregular sleep patterns due to various factors such as workload, stress, and lifestyle choices. This study will involve collecting survey data from a diverse sample of college students, focusing on their sleep patterns, academic performance metrics, stress levels, and study habits. By utilizing statistical analysis techniques, we will explore any potential associations or correlations between sleep patterns and academic achievement. The findings will provide valuable insights into the impact of sleep on students' academic performance and may inform interventions and strategies to promote healthy sleep habits among college students. Overall, this research seeks to enhance our understanding of the relationship between sleep patterns and academic success, with the ultimate goal of supporting students in optimizing their sleep routines and improving their educational outcomes.

0.4 At which VU Faculty is this project situated?

- Faculty of Social Sciences (FSW)

0.5 Your contact details

none

0.6 List other people involved, including those at partner organisations in the project (if applicable)

none

0.7 Funding organisation & grant number (if applicable)

none

0.8 Project code (if applicable)

none

0.9 Consulted data management expert(s)

none

1. Data description

1.1 Will you collect and/or process personal data in this project?

- Yes

1.2 Will you use existing data? If yes, what is their source?

No.

1.3 Will you collect or produce new data? If yes, please describe how.

Yes, new data will be collected for this research project. Data collection will involve administering a survey questionnaire to college students, focusing on their sleep patterns, academic performance, stress levels, and study habits. The questionnaire will be distributed to a diverse sample of participants through online platforms or in-person administration, and the responses will be used for statistical analysis.

1.4 Describe the population/participants/subjects that will be studied

The population to be studied in this project includes college students enrolled in various academic programs.

1.5 Do you process any of the following (personal) data?

- Digital information (e.g. IP addresses, user names, and such)
- Name
- Contact details

1.6 Do you process the personal data based on informed consent?

- Yes, through a physical form

1.7 On what legal ground will the data processing take place if it is not based on informed consent?

- Not applicable, I use informed consent

1.8 Does the data collection include any of the following types of personal data?

No

1.9 If your research involves special categories of personal data (previous question) and you will not use explicit informed consent, what is the legal ground for the exemption?

Not applicable.

1.10 What kinds of outputs will you produce in this project? Please describe these data assets.

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1.11 How much digital data storage will your project require?

- 0 - 50 GB

1.12 Will you collect physical data? If yes, please describe these.

Physical data will be collected in the form of informed consent forms and paper questionnaires/response forms. These physical documents will be used to gather participant consent and capture survey responses.

1.13 Will you take measures to ensure data quality? Please describe these, if applicable.

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2. Legal and ethical requirements, codes of conduct

2.1 What legislation applies to your research project? Please tick the relevant boxes for your project.

- General Data Protection Regulation (GDPR)/ Algemene Verordening Gegevensbescherming (AVG)

2.3 Do you require approval of an ethical committee for this project? If yes, please indicate which ethical committee and whether you have obtained approval for this project.

- No

2.4 Will you work with data for which intellectual property and/ or confidentiality are an issue? If yes, please describe.

- No

2.5 Do you plan on generating a marketable product from your research project? if yes, please describe

- No

3. Storage and back-up during the research process

3.1 What measures will you take to secure and protect data during the research process? Please describe, for each separate data asset you described for question 1.10, how you will ensure data security, where the data assets are stored & backed up, and who has authorization to access the asset.

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3.3 Which tools are used in the collection, processing or storage of data during research?

- Google Workspace for education **
- OneDrive
- Open Science Framework (OSF)

3.4 What other tools or software do you intend to use during your research?

Name: SPSS

Role: Statistical analysis software

Country: N/A

3.5 Is it necessary to transfer the (physical or digital) data assets to other locations or research partners? If yes, please describe how you secure the file transfer.

- No

3.7 Do you transfer personal data outside of the European Economic Area (EEA)? If Yes, please provide additional information

- No

4. Data archiving and publishing

4.1 Which data assets will be archived and which will be published?

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4.2 Where will you archive your data assets?

- DataVerseNL

4.3 What other archive(s) do you intend to use to archive data assets?

None

4.4 For how long will the data be available in the archive?

The data will be available in the archive for a period of 10 years.

4.6 Where will you publish your data assets?

We are going to publish our data assets through GESIS Search.

4.8 How will you ensure your data assets get a persistent identifier (e.g. a DOI-code)?

We plan to publish our datasets on DataverseNL, which will assign a DOI upon publication.

4.9 Will you register your datasets in an online registry other than PURE? If yes, where?

This answer is not provided in the mock DMP. Volunteers are expected to make their own decisions regarding domain-specific repositories.

4.10 Are there restrictions to data publishing? If yes, please specify the reasons and list the data assets you do not wish to share publicly.

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4.12 When will you share the data? If not immediately after completion of the project, please specify the reasons.

Immediately after completion of the project.

4.13 Please indicate the license and/ or terms of use under which you share your data.

We plan to use the VU's default licensing option, which is CC-BY 4.0, for our datasets.

5. Documentation

5.1 What documentation and metadata will accompany the project?

This answer is not provided in the mock DMP. Volunteers are expected to make their own decisions based on the university guideline: <https://github.com/vu-rdm-tech/metadata>. Note that this would be already filled out by working in YODA or OSF.

5.2 What metadata and documentation will accompany the data assets?

This answer is not provided in the mock DMP. Volunteers are expected to make their own decisions. The documentation accompanying the data assets include Codebooks, Protocols, Research logs, Machine Settings, etc.

5.3 What methods, software or hardware are needed to access and use your data?

This answer is not provided in the mock DMP. Volunteers are expected to make their own decisions.

6. Data management responsibilities and resources

6.1 Who will be responsible for management of the data assets during the project? Please specify their name, position, role in the project, and faculty/ institution/ group.

none

6.2 Who will be responsible for management of the data assets after completion of the project (e.g. the project lead/ dedicated data manager/ department head)? Please specify their name, position, role in the project, and faculty/ institution/ group.

none

6.3 For data that are only available upon request, what methods will be used to handle requests for access and how will data be made available to those requesting access?

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6.4 What resources (for example financial and time) will be dedicated to research data management? Please estimate their cost.

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