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## Plan Overview

*A Data Management Plan created using DMPonline*

**Title:** The Effects of Sleep Patterns on Academic Performance

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**Affiliation:** Vrije Universiteit Amsterdam

**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:** 02-10-2023

**Grant number / URL:** R01GM123456

# The Effects of Sleep Patterns on Academic Performance

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## 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?

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

### 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?**

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

**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?**