The Impact of Pre-Bedtime Routine on Sleep

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Anecdotal evidence shows that activities in preparation for sleep affect certain characteristics of sleep, such as duration and quality. This study tests this evidence. When asking the question of whether pre-bedtime routine affects sleep characteristics, particularly of college students and professors, and after reviewing the literature, it was hypothesized that a structured pre-bedtime routine positively affects sleep characteristics. A web-based survey was distributed to college students and college professors to look into structure of pre-bedtime routine and sleep quality. Two Pearson r correlations were used to analyze the data.