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Header: Type the words "Running head" followed by a colon
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Burning the Midnight Oil:

Mental Fatigue and Sleep Difficulties in College and University Students
[Title and Subtitle of Assignment]

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Burning the Midnight Oil: Mental Fatigue and Sleep Difficulties in College and University Students

A study published by Hicks and Soper (2006) had 7.5 hours of sleep per night and by 1989 they had 7.5 hours of sleep per night (Soper, 2006, p. 231). Students' academic, extra-curricular activities can lead to irregular bedtimes and reduced length of sleep. Chronic lack of sleep can result in fatigue, poor health, and influence students' academic success. This paper will examine the impact of sleep deprivation on college students and outline preventative strategies.

On page 2 and beyond, you should only see the short title in capital letters. Double-click on the Header and select the Design tab Option for "Different 1st page header." Delete the words "Running head:" on the second page.

Literature Review

Fatigue is defined as "a feeling of being extremely tired, usually because of hard work or exercise" ("Fatigue," 2005, p. 559) and insomnia is defined as "difficulty initiating or maintaining sleep" ("Sleep," 2011, para. 1). Researchers normally use standardized surveys or questionnaires such as the Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), National Sleep Foundation's Sleep Diary and the Fatigue Severity Scale (FSS) to measure fatigue or evaluate sleep habits. Brown, Buboltz and Soper (2006) note that sacrificing sleep leads to "increased health concerns, irritability, depression, fatigue, and attention and concentration difficulties, along with poor academic performance" (p. 231). Furthermore, a study of 160 students in Taiwan using the PSQI, ESS and FSS indicates that sleep quality depends on the regularity of bedtimes and the daily length of sleep (Kang & Chen, 2009, abstract). Another study by Brooks, Girgenti and Mills (2009) reveals that out of 147 students, 43.5% experienced symptoms of depression at some point in their life and 38% had trouble sleeping (para. 1). According to some reports, approximately 20% of students have abused prescription medications such as Ritalin or Adderall in order to increase concentration or focus on academic tasks such as studying or writing essays (Andrew, 2005, para. 4).

Alphabetize
reference list
entries.

References
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the text.

Andrew, J. (2005, July 31). The Aderall advantage. *New York Times*, p.A16. Retrieved from www.nytimes.com

Brooks, P.R., Girgenti, A.A., & Mills, M. J. (2009). Sleep patterns and symptoms of depression in college students. *College Student Journal*, 43(2), 464-472.

Brown, F. C., Buboltz, J., Walter C, & Soper, B. (2006). Development and evaluation of the sleep treatment and education program for students (STEPS). *Journal of American College Health*, 54(4), 231-237. doi:10.3200/JACH.54.4.231-237

Fatigue. (2005). *Oxford Advanced Learner's Dictionary (7th ed.)*. Oxford: Oxford University Press.

Kang, J. H. & Chen, S. C. (2009). Effects of an irregular bedtime schedule on sleep quality, daytime sleepiness, and fatigue among university students in Taiwan. *BMC Public Health*, 9 (1), 248. doi:10.1186/1471-2458-9-248

Sleep. (2011). In *Encyclopædia Britannica*. Retrieved from

<http://www.britannica.com/library.sheridanc.on.ca/EBchecked/topic/548545/sleep>

Use a hanging indent for the second and subsequent lines of the reference so that the author names appear along the left margin.