

Section label • **The Impact of Sleep Quality on Academic Performance****Level 1 Heading** — **Attention Span**

The ability to maintain focus and attention in the classroom is a critical aspect of academic success. Attention span can be influenced by various factors, and one such factor under scrutiny is the quality of sleep among students.

Level 2 Heading**Smartphone Use**

As technology becomes increasingly integrated into our daily lives, the use of smartphones has become ubiquitous, especially among the younger generation. This study aims to explore how smartphone use, particularly before bedtime, may affect the attention span of students during classroom activities.

Method

To investigate the relationship between sleep quality, smartphone use, and attention span, a comprehensive research method was employed.

Level 3 Heading**Sampling Method**

A non-probability sample of 100 college students was selected for this study. The decision to use a non-probability sample was driven by considerations of cost and convenience.

Procedure

Potential participants were recruited through university announcements and online forums. Interested students completed a screening survey that included questions about their sleep patterns and smartphone usage.

Level 4 Heading

Tools. Social media platforms such as Facebook and Twitter were utilized for participant recruitment. The study reached a broader audience by investing a nominal advertising fee to boost the visibility of recruitment posts.

Participant Selection. Participants were chosen based on their age, academic major, and self-reported sleep quality. This approach aimed to ensure a diverse and representative sample for the study.

Level 5 Heading

Compensation. As an incentive for participation, students who completed the survey were entered into a drawing to win bookstore vouchers.



Using Headings In Essays

Mary Page, Carrie Winstanley



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