Amongst teenagers, there is a lack of sleep, which has presented itself as a concern for many. Invigorated by the mysteries surrounding the question of sleep and adolescents, I set out to explore this subject area by issuing a survey consisting of 60 questions asking about the physical, mental, and social performance of high school students. Several correlations were noted.

**Minutes it Takes to Sleep vs GPA**

The GPA of students drops in a downward trend the longer it takes the student to fall asleep. There can be several reasons for this, and the primary one is insomnia, which is the inability to fall asleep. In the case that students are not suffering from insomnia, the widespread use of mobile devices can also prolong the amount of time it takes to sleep. For example, staying on their mobile devices while students are in bed is a factor in keeping them awake. The blue light that most devices emit can keep one’s mind awake and alert, which can prohibit one from sleeping. Additionally, the computer is a large source of blue light that can keep the mind working longer than necessary. With many factors keeping them awake, key stages of sleep, such as REM, are lost, which leads to less memory consolidation.

**Listening to Music vs GPA**

While certain types of music have been proven to help students focus better, looking at the results, there is little correlation between those that listen to classical music, which is proven to help students focus, and those that listen to other types of music. An interesting factor however, was that the students that listened to music right before bed typically had a higher GPA. While this research is preliminary, it demonstrates the power of music on the brain.

**Use of Sleeping Aids vs GPA**

Looking at the results, we see that those who use sleeping aids tend to have a lower GPA, but this can be explained by the fact that perhaps since their quality of sleep tends to be lower, their sleep is not as effective and doesn’t restore them to maximum efficiency. However, it was also shown that even those that did not use sleeping aids reported feeling just as tired throughout the school day. In the end, more research still needs to be done regarding the efficacy of sleeping aids.

**Napping vs GPA**Looking at the data that was gathered, there was no significant difference in GPA between those that took naps and those that didn’t. I believe the reasoning for this is because the napping takes away the time that could have been used doing homework and then sleeping earlier. Proven by the data, nappers typically sleep around 12 to 1 AM, and those that don’t typically sleep around 10 to 11 PM.

