

Alicia O'Toole

Graduate Student

Project Authors: Eileen Monahan, Julia Reichert, Julia Forbes, Kaela Crotts and Erin Doran

Faculty Mentor: Michael Bermudez, Ed.D.

Summary:

Sleep is an integral activity of daily living that affects other aspects of healthy functioning. Another definition of sleep is that it is an occupation that encompasses activities related to "...restorative... sleep in order to support healthy, active engagement in other occupations" (American Occupational Therapy Association [AOTA], 2020, p. 46). According to Ho and Siu (2018), because sleep has an important effect in engagement with self-care, work, and leisure, sleep and daily function are closely intertwined; thus the lack of sleep may lead to occupational imbalance. This proposed mixed methods study will employ the use of a smartphone app in which users can practice meditation in order to potentially positively affect sleep duration or quality; while also using mixed methods including PSQI, and weekly questionnaire. Criteria for participating in this study must include being a University of Scranton OT student, access to smartphone technology, and complete the PSQI and weekly questionnaire. The study consisted of pre-test and post-test PSQI to determine the quality of sleep they have been getting the past month and e-mail the accomplished form to the researchers. The participants will not be required to write any personal identifying information on the PSQI. The PSQI, will give each participant a score (0 to 21) to see if they are getting a healthful sleep quality (a score less than five means the participant is getting "good" or healthful sleep). At the conclusion of each of the four weeks of the study, each of the participants was asked to complete a questionnaire regarding their use of the insight timer app for that week in particular. Currently the study is nearing its conclusion and the data is currently being transcribed and processed. The researchers will reject the null hypothesis of the study.