



Presenter: Eunice Contreras Martinez

Session & Time: Poster_I / 11:00 to 12:00pm

Room: Guzman Lecture Hall

Discipline: Psychology

Faculty Mentor: Benjamin D. Rosenberg, PhD

Digital Portfolio URL:

Title: The silent threat to your immunity and memory: Exploring the relationship between sleep quality, the immune system and cognition

Abstract:

Humans spend one-third of their lives sleeping, which tells us that there is a biological and psychological reasoning behind this. Sleep is a complex phenomenon essential to health and function, consisting of three dimensions: behavior (what we observe during sleep), physiology (delta waves), and phenomenology (dreams). If people spend a third of their lives sleeping, how can neglecting sleep impact our well-being? The overall aim of this study is to investigate the relationship between sleep quality, immunity, and cognition in undergraduate students. I have hypothesized a positive relationship between sleep quality, immunity, and memory: As sleep quality increases, the immune system's effectiveness in fighting off sickness, and memory also increases. To demonstrate that there is a positive relationship, we have conducted a study that will be administered to college students from the ages of 18-23 using a Qualtrics survey. Once they have received a link or QR code participants will first be asked to read and give their consent

on the survey, then they will be asked to complete the following questionnaire and self-assessment reports; the SQS: Sleep Quality Scale, ISQ: Self Assessment Questionnaire Investigating the Past 12-months Immune Status and SAMS: Self Assessment Memory Scale. Once participants have completed the surveys, I will collect students' final responses and determine if there is a significant relationship between sleep quality, immunity, and cognition. We expect to see a positive relationship between these three variables, which will ultimately give people interested in learning about health a deeper insight into the importance of sleep and how it relates not only to the cognitive aspect of our brains but also to our overall well-being.

Keywords: Sleep Quality, Immunity, Memory