Introduction
Recent research has shown that adequate sleep promotes optimum cognitive and academic performance. This is a critical consideration to college students since the rigor of many academic programs can severely impinge upon an effective sleep schedule. Most research agrees that the recommended amount of sleep for young adults is between seven and half hours to eight and half hours each night. While the literature supports evidence for improved academic performance at the individual level, there is less information available for how limited sleep affects the performance at a group level. In the present study, we examine the effects of sleep deprivation on the overall performance of academic study groups.

Hypothesis
We hypothesized that after receiving adequate sleep, our study groups will experience an overall higher level of performance as compared to a sleep deprived state. This hypothesis was formulated considering that literature and general public knowledge support that better sleeping habits enhance individual academic performance. In this study, we make the extension that it enhances group performance as well.

Methods
Study group student and third party observer surveys were administered in three different study groups. In addition to the average sleep over the previous two nights, the surveys collected data over the performance categories of Wakefulness and Engagement, Participation, and Overall Study Group Performance.

Results
Comparison Across Categories Between Recommended Sleep and Sleep Deprived Groups

Third Party Comparison Across Categories Between Recommended Sleep and Sleep Deprived Groups

Hynes et al. (2012) The interaction between sleep quality and academic performance.
BaHamman et al. (2012) The relationship between sleep and wake habits and academic performance in medical students: a cross sectional study. Biomedical Central

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Future Directions
• Conduct sleep deprivation studies to control for amount of sleep each group gets.
• Research effects of sleeping in excess of recommended amount
• Experiment to find the time period of sleep that gives the most beneficially restful sleep and what time of day study groups should be held so that they are most advantageous in respect to the most beneficial sleep schedule