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The Influence of Light Activity on Academic Performance and Sleep Quality

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The purpose of the study was to determine the effects of light activity on grades, attention, and other study habits.

- **Figure 1: Sleep Quality Versus Class Grades**

- **Figure 2: Subjective Sleep Quality Over 11 Weeks**

- **Figure 3: Subjective Sleep Quality Averaged Across First and Last 5 Weeks**

Ultimately, findings indicate that light activity while studying is beneficial to sleep quality and may influence course grades. College students could benefit from utilizing the effects of light activity to better maintain sleep quality.