ABSTRACT

THESIS: An implementation intention intervention to improve consistency of sleep and wake times

STUDENT: Cameron Davidson

DEGREE: Master of Arts

COLLEGE: Sciences and Humanities

DATE: July, 2014

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This study presented an implementation intention intervention to improve bedtime and wake time consistency using a college student population. Additionally the Theory of Planned Behavior was used to attempt to predict intentions to maintain consistent bed and wake times as well as, the actual sleep consistency behavior. Sixty seven participants were included in this study. The actual behavior measure was obtained through a seven day sleep diary that was filled out by the participant. The evidence suggests that the Theory of Planned Behavior is a statistically significant predictor of intentions, but not behavior. Implementation intentions did not statistically show a difference in bed and wake time consistency’s intention behavior relationship or actual behavioral consistency.