Division I student athletes have incredibly busy schedules with practice, school, games, and more. Trying to manage all of these activities can be difficult and can pose a problem for the most important area in an athlete’s life: sleep. Sleep is crucial for recovery and functioning. The Reasoned Action Model (RAM) is the most recent technique for predicting behavior. It has been used for predicting intention based on attitude, perceived normative pressure, and perceived behavioral control (PBC). The purpose of this study was to examine sleep behaviors of college athletes and to compare the sleep behaviors with those who are not college athletes using the measures of attitude, perceived normative pressure, PBC, and behavior intention in the RAM. This study compared the results of college student athletes to the traditional college students used in the Tagler, Stanko, and Forbey study (2017). This study surveyed the student athlete population from a university with Division I athletics. The results of this study supported the RAM, as intention was predicted based on variables of attitude, perceived normative pressure, and PBC according to a bivariate correlation. This study also found that, unlike traditional college students, student athletes’ PBC was not a significant predictor after accounting for the influence of attitude and perceived normative pressure. Further research is needed to discover why this occurred.

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