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Research experience began in research methods courses here at UNCC with Dr.Gaultney and Dr.Levens. I currently am a research assistant in the UNCC sleep lab under Dr.Gaultney and doctoral candidate Hannah Peach, working on a dissertation concerning attitudinal predictors of sleep hygiene in college students.

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Q&A

I got involved in sleep research after reading several blogs about sleep and LED light interference with it. I downloaded an application to run on my phone and computer which reduces this light emission and I became interested in how much electronic media usage actually effects sleep quality. The research that I have helped with as a research assistance in regards to sleep hygiene has also furthered my interest in health psychology as a research field.

This new knowledge of the factors which can effect sleep, and the importance of sleep on overall health led me to develop the research question that with increased electronic media usage, there would be an increase in sleep/wake disturbances and an overall negative effect on sleep quality.

This was my first research topic and because it was something I had genuine interest in, I got a lot out of it. I started with a question that stemmed after reading a blog and then after doing a literature review on the subject, I became much more informative on the topic. I was also excited that my findings were significant and that they supported my hypothesis so well!

My advice to other undergraduates who are interested in conducting research, would be that it is not as intimidating as everyone makes it out to be. If you choose a topic that you are interested in and want to learn more about, then the process becomes informative and interesting rather than boring and something that you begin to dread. I would also say that after putting so much time and effort into research, why not try to publish it?! Your finding are important to you and most likely there are others out there who would benefit from reading your paper and findings.