

## References

- Buboltz, W. C., Brown, F. C., Jr., & Soper, B. (2001). Sleep habits and patterns of college students: A preliminary study. *Journal of American College Health, 50*(3), 131–135.
- Hicks, R. A., Fernandez, C., & Pellegrini, R. J. (2001). The changing sleep habits of university students: An update. *Perceptual and Motor Skills, 93*(3), 648.
- Hobson, J. A. (1989). *Sleep*. New York: Scientific American Library.
- Horne, J. A. (1988). Sleep loss and divergent thinking ability. *Sleep, 11*(6), 528–536.
- Hunt, H. T. (1989). *The multiplicity of dreams: Memory, imagination, and consciousness*. New Haven, CT: Yale University Press.
- Karni, A., Tanne, D., Rubenstein, B. S., Askenasy, J. M., & Sagi, D. (1994, July 29). Dependence on REM sleep of overnight improvement of a perceptual skill. *Science, 265*, 679–682.
- Kelly, W. E., Kelly, K. E., & Clanton, R. C. (2001). The relationship between sleep length and grade-point average among college students. *College Student Journal, 35*, 84–86.