Research has shown there is a relationship between adolescent and young adult cigarette smokers and experiences of sleep disturbances. Participants were (N = 25,049) adolescents and early adulthood participants (Mean age = 15.83, SD = 4.53) who answered the questions for the variables in this study. Approximately 55% of the participants reported significant problems with sleep trouble, such as bad dreams, sleeping restlessly or falling asleep during the day. Consistent with the hypothesis, current cigarette smoking was statistically significantly related to having significant difficulty with sleeping, such as bad dreams, sleeping restlessly or falling asleep during the day. These results suggest that one’s cigarette smoking and having significant difficulty with sleeping, such as bad dreams, sleeping restlessly or falling asleep during the day. Results also suggest the rejection of the null hypothesis of there being no statistically significant relationship between current cigarette smoking and having sleep disturbances such as bad dreams, sleeping restlessly or falling asleep during the day. These results also suggest the rejection of the null hypothesis of there being no statistically significant relationship between current cigarette smoking and having sleep disturbances. There is a weak positive correlation between current cigarette smoking and having sleep disturbances. It is concluded that cigarette smoking among young adults is associated with experiences of sleep disturbances.

Research Question: Is there a relationship between smoking cigarettes and experiences of sleep disturbances?

Hypotheses:
H0: There is no statistically significant relationship between smoking cigarettes and sleep disturbances
H1: There is a statistically significant relationship between smoking cigarettes and sleep disturbances

Results

<table>
<thead>
<tr>
<th>Correlationsb</th>
<th>R01_A00162: Last time you had significant problems with: Sleep trouble</th>
</tr>
</thead>
<tbody>
<tr>
<td>R01_AC1003:</td>
<td>Now smoke cigarettes</td>
</tr>
<tr>
<td>Sig. (1-tailed)</td>
<td>.000</td>
</tr>
<tr>
<td>R01_A00162: Last time you had significant problems with: Sleep trouble</td>
<td>Pearson Correlation</td>
</tr>
<tr>
<td>Sig. (1-tailed)</td>
<td>.000</td>
</tr>
</tbody>
</table>

**Correlation is significant at the 0.01 level (1-tailed).

Conclusion

These results suggest that as one’s cigarette smoking increases their experience with sleep disturbance, such as bad dreams, sleeping restlessly or falling asleep during the day increases. These results also support the rejection of the null hypothesis of there being no statistically significant relationship between current cigarette smoking and having sleep disturbances. There is a weak positive correlation between current cigarette smoking and having sleep disturbances. It is concluded that cigarette smoking among young adults is associated with experiences of sleep disturbances.

Future research is needed to determine the complex relationship between smoking and sleep disturbances; there are several other factors that should be considered, such as genetic factors, race/ethnicity, lifestyle choices and SES.

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Abstract

Introduction

Method

Literature Review

Purpose Statement

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