State your topic: I want to know what has been written about the relationship between sleep and stress. Does sleep reduce stress; can sleep deprivation increase emotional responses to stress?

What are the main Keywords? Sleep AND Stress  *Begin with less concepts; add more later*

Searching for articles in APA PsycNET

PsycNET allows you to limit your search to articles utilizing specific research Methodology, but it’s best to wait until you’ve found good search terms.

Initial searches can bring way too many results. The search for sleep AND stress in Any Field retrieves 3,026 results, so it’s helpful to begin looking for index terms (terms that indexers use to describe the main subject of the article):

Both sleep and stress are index terms, so we can narrow our initial search to sleep and stress as Index.
Searching for Articles in PsycNET – PSYC 362

Return to **Advanced Search** screen by clicking on **Edit Search**; limit drop-down box to **Index Terms**.

Now we have a more manageable number of results (206).

There are more ways to narrow your results. Click on **titles and abstracts** to see if any of the articles relate to a more specific topic that is of interest to you. If you find an article that relates more specifically to your interests, click on the title to see the **Index Terms** that have been assigned to it.

**Emotional States** could be added to see how sleep affects stress and emotional states.

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**CITATION**

Sleep patterns and predictors of disturbed sleep in a large population of college students. 
Lund, Hannah C.; Reder, Brian D. (Whitino, Annie B.; Richard J. Roscanne). 

**ABSTRACT**

Purpose: To characterize sleep patterns and predictors of poor sleep quality in a large population of college students. This study extends the 2006 National Sleep Foundation examination of sleep in early adolescence by examining sleep in older adolescents. Method: One thousand and one hundred twenty-five students aged 17 to 24 years from an urban Midwestern university completed a cross-sectional online survey about sleep habits that included the Pittsburgh Sleep Quality Index (PSQI), the Epworth Sleepiness Scale, the Horne-Östberg Morningness–Eveningness Scale, the Profile of Mood States, the Subjective Units of Distress Scale, and questions about academic performance, physical health, and psychological symptom. Results: Students reported disturbed sleep, over 60% were categorized as poor quality.
Searching for Articles in PsycNET – PSYC 362

You can also click on **References** to see other articles related to the topic that interests you, and can see what other articles cite the useful articles you found in the references list.


As you search, be sure to keep an eye on the **Methodology** limiter on the results page to make sure you have enough access to both **Literature Reviews** and **Empirical Studies**.

Click on each link (**Empirical Study / Literature Review**) to limit by methodology.

Return to previous results by clicking on **Remove**.