



Approaches to Research and Academic Communication

★ NG FUNG YU, Wendy



COVER SHEET OF THE ASSIGNMENT

Student Name:	NG FUNG YU (WENDY)	Student ID number:	2031104
Programme:	DBA		
Module:	Approaches to Research and Academic Communication		
Module code:	HKBM7000	Contribution to Overall Module Assessment (%):	40%
Lecturer:	Dr Luk Chung Leung	Internal Verifier:	
Assignment Title:	In – class Presentation: Study on the relationship between sleep quality and work efficiency performance		
Time Allowed:	25 minutes		
Handout Date:	Submission deadline:	Return date of provisional marks & written feedback:	
19 June 2021	14 August 2021	13 September 2021	
Submission method:	All written assessments, where practical and possible, must be submitted via Turnitin unless otherwise instructed by the Lecturer. Alternative submission method (if applicable): Late submission of the assessment will result in a late penalty mark. Penalties for late submission: Up to one week late, maximum mark of 50%. Over one week late, 0%. Only the Extenuating Circumstances Panel may approve a change to submission dates.		
Academic honesty / referencing:	Academic honesty is required. In the main body of your submission, you must give credit to authors on whose research and ideas your work is based. Append to your submission a reference list that indicates the books, articles, etc. that you have used, cited or quoted in order to complete this assessment.		



↵

Doctor of Business Administration↵

"I certify this work is the result of my own investigations, except where otherwise stated. All references have been duly cited"↵

A handwritten signature in black ink, appearing to be 'NG FUNG YU'.

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Signed

NG FUNG YU↵

HKBM7000
In – class Presentation

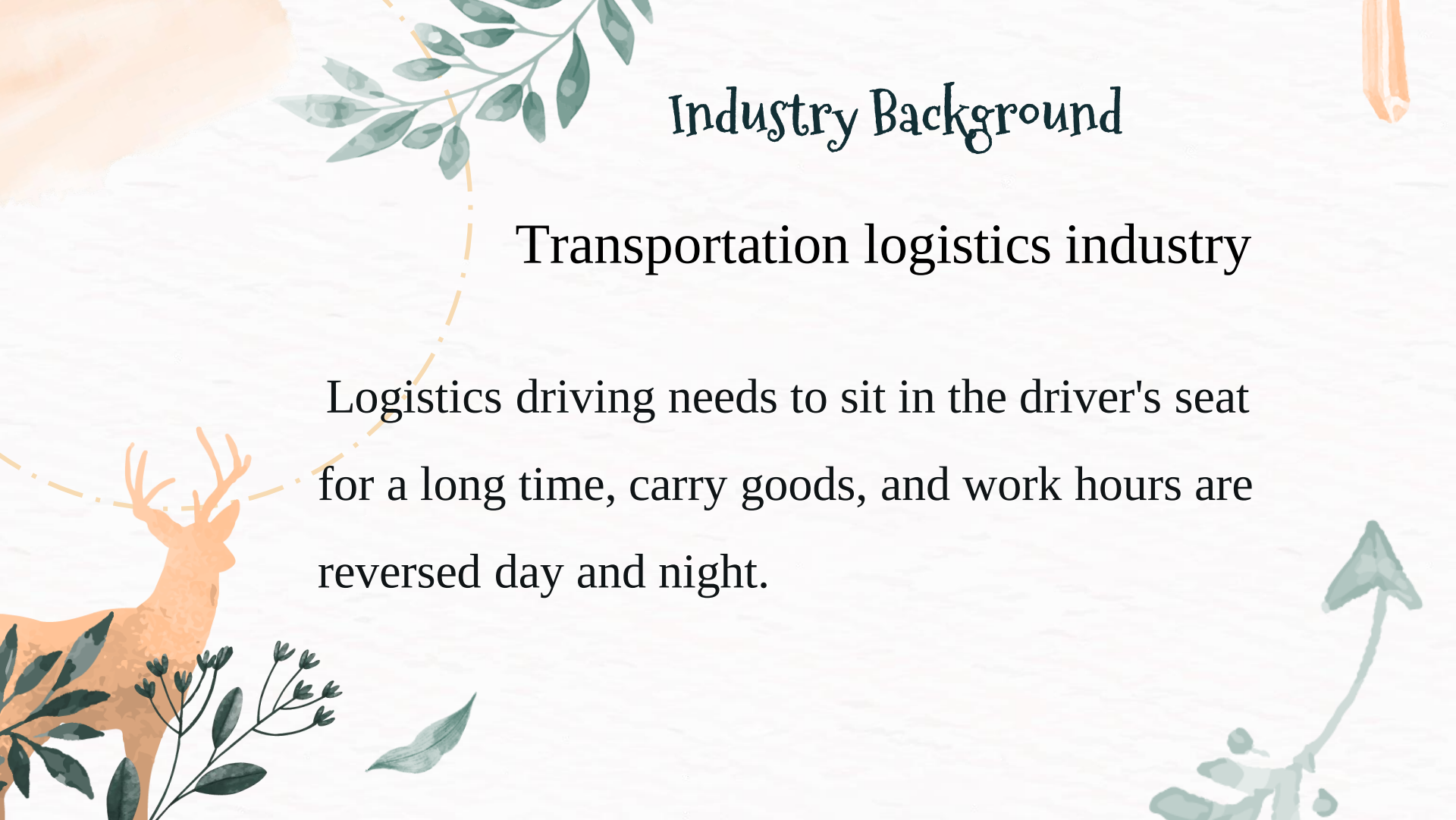
Study on the relationship between sleep quality and work efficiency performance

NG FUNG YU, Wendy
14th August 2021



Research on Sleep and Improving Work Efficiency

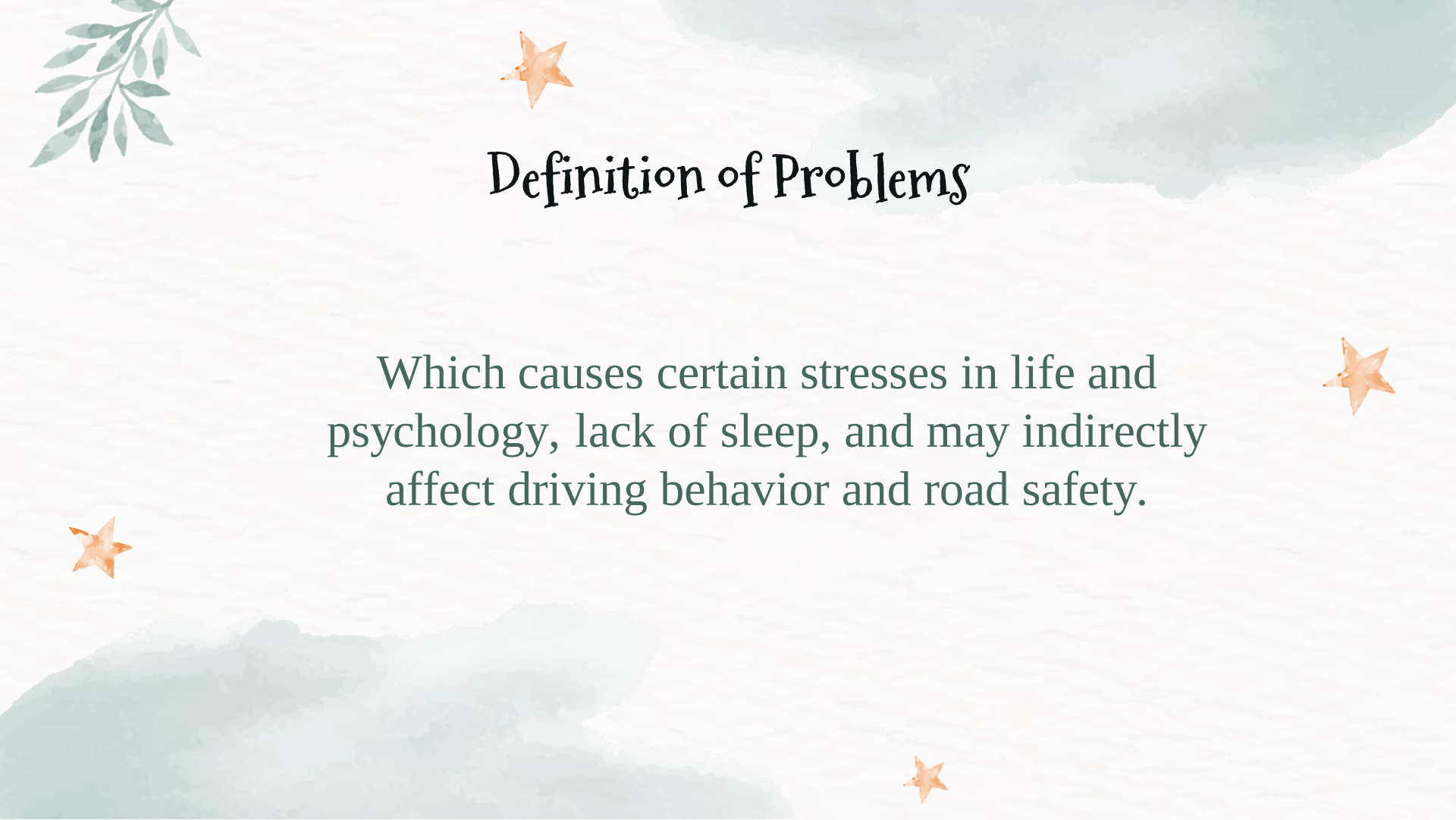




Industry Background

Transportation logistics industry

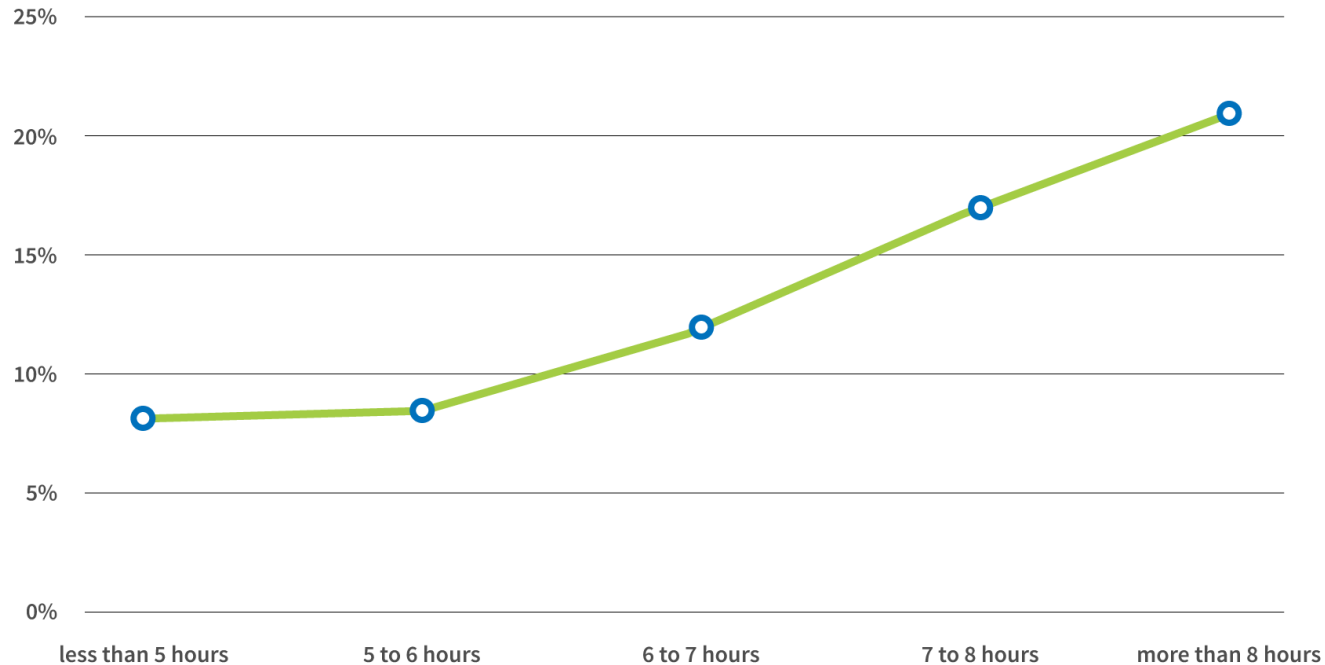
Logistics driving needs to sit in the driver's seat for a long time, carry goods, and work hours are reversed day and night.

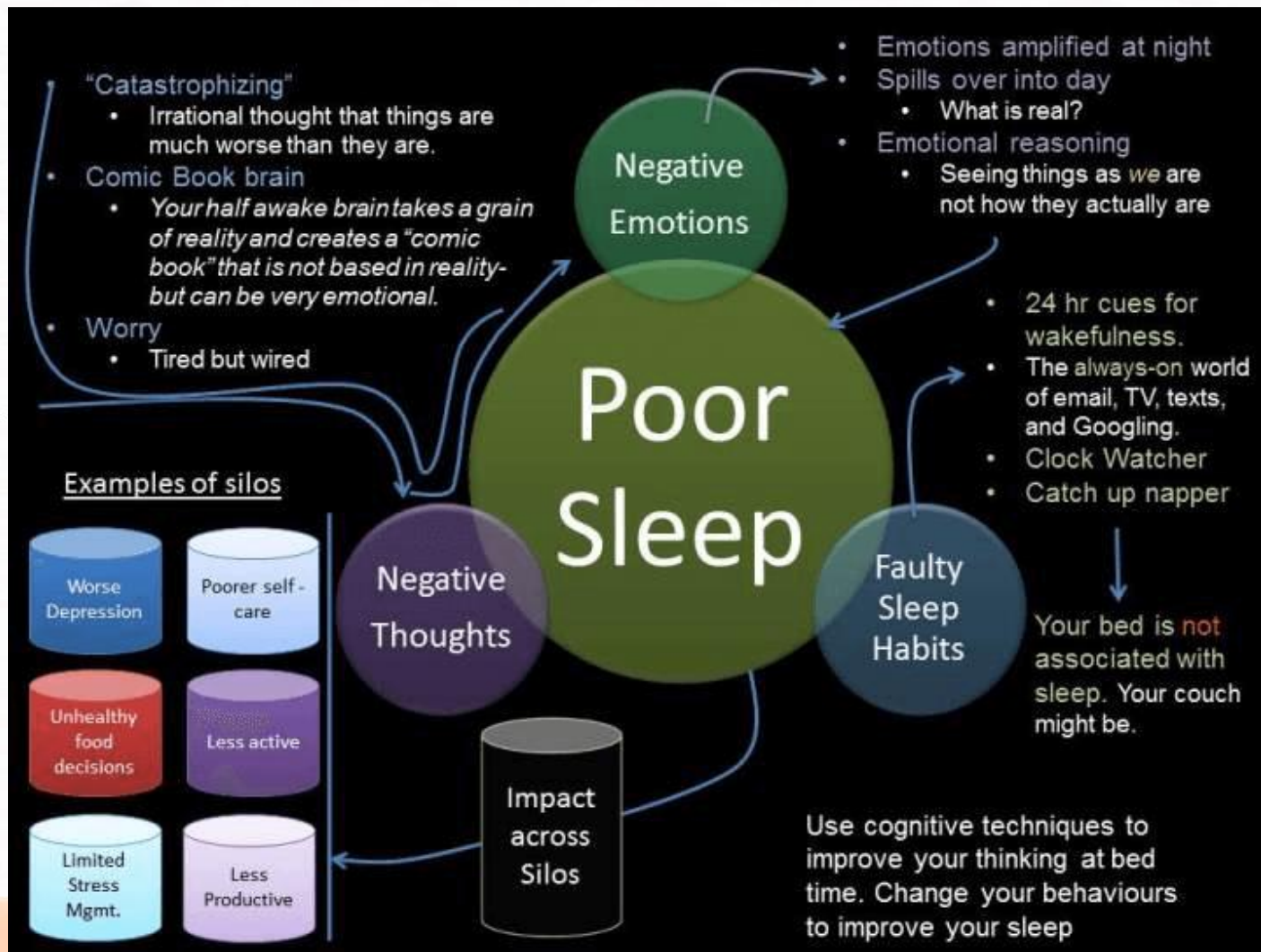


Definition of Problems

Which causes certain stresses in life and psychology, lack of sleep, and may indirectly affect driving behavior and road safety.

Share of employees stating they have no stress at work compared to length of sleep





22% have
7.01 – 8 hours
sleep.

33% have
5 – 6 hours
sleep.

30% have
6.01 – 7 hours
sleep.

7% have
8.01 – 9 hours
sleep.

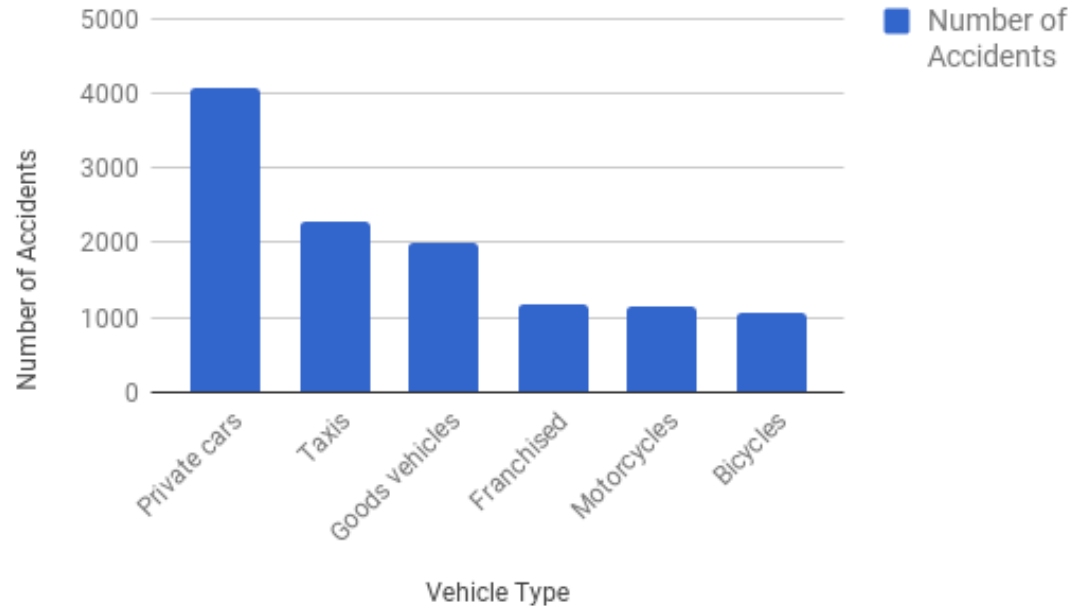
7% have less
than 5 hours
sleep.

1% have more
than 9 hours
sleep.



Road Accident Statistics in Hong Kong 2020

Types of vehicles involved in accidents



Research Questions



01

The relationship between sleep quality and work efficiency



02

The relationship between sleep quality and driving behavior



03

The relationship between sleep quality and physical and mental health



Research Objectives

Collecting data and empirical analysis through data can arouse employees' importance of healthy sleep

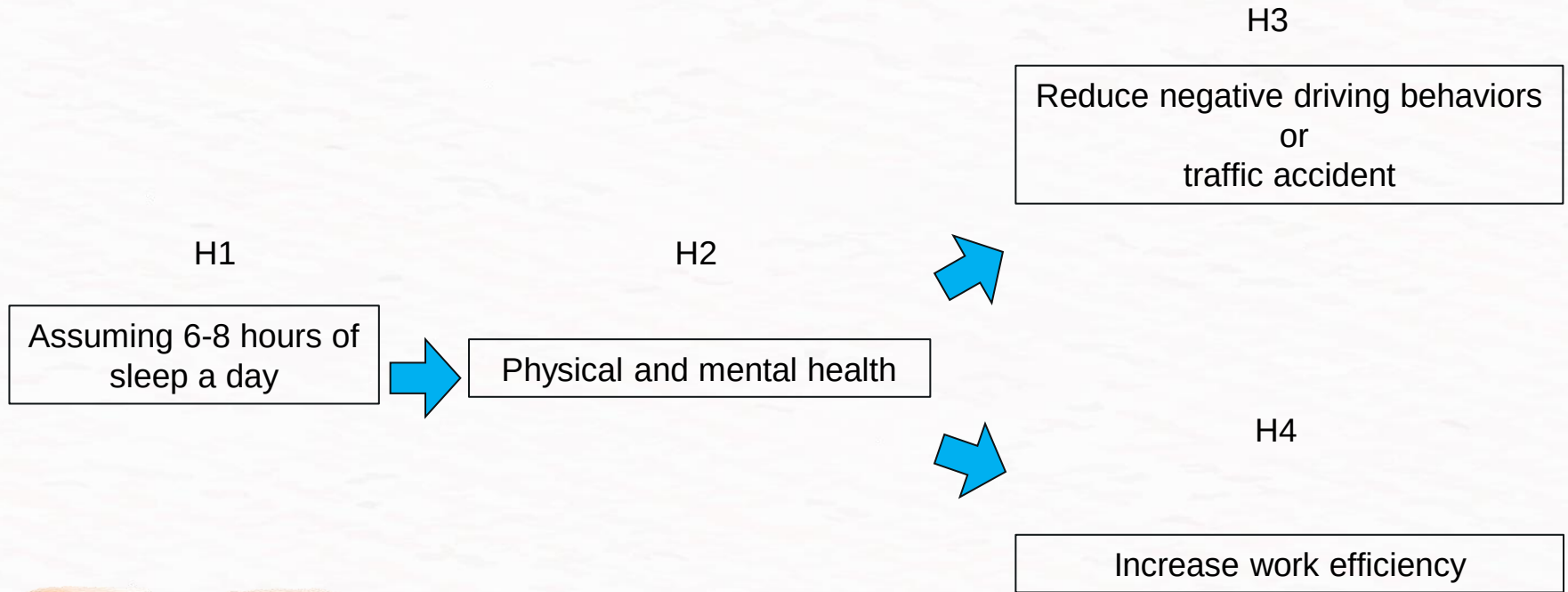


Review of the Relevant Theories and Literature

A paper published in the journal Nature Reviews Neuroscience in 2009 that the role of sleep may be:

"in the time when biological activities are no longer beneficial, by optimizing time usage and reducing energy increase the efficiency of behavior by using the amount."

Hypotheses



Operational Definition of Variables

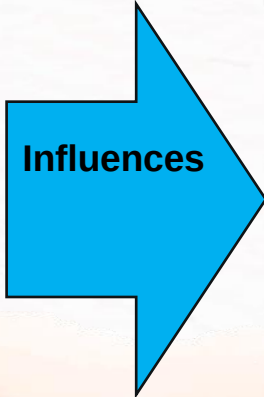
Dependent Variable

Condition A

Sleep 6-8 hours a day

Behavioral variables:
Measures of adjustment,
activity levels, eating
behavior.

Influences



Condition B

Physiological variables:
measures of physiological
responses such as heart
rate, blood pressure



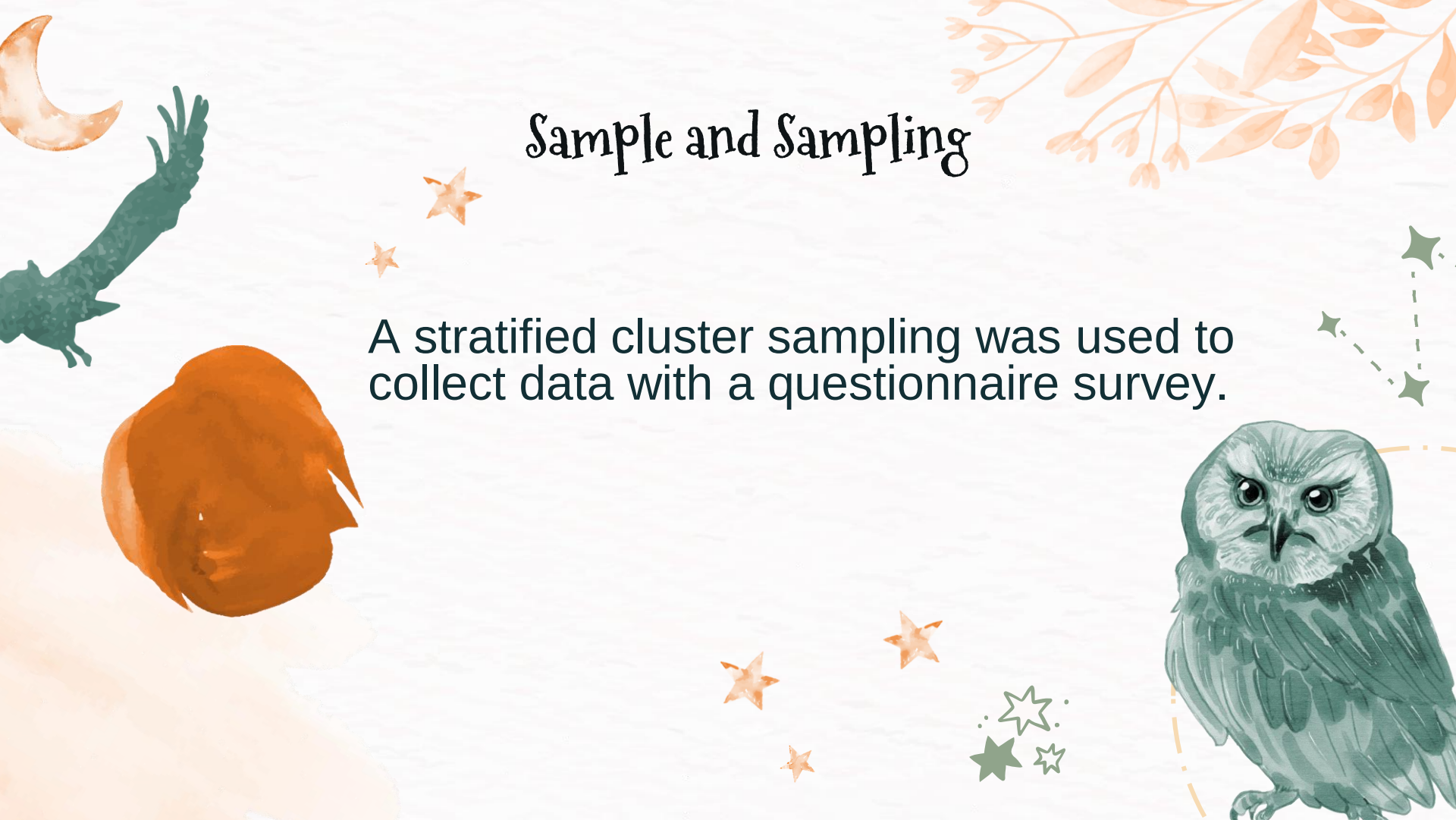
Research Method

The research questionnaire contained five parts

- (1) background factors,
 - (2) life stress,
 - (3) sleep hygiene,
 - (4) sleep quality,
 - (5) physical activity
- 

Sample and Sampling

A stratified cluster sampling was used to collect data with a questionnaire survey.



Expected Findings

It is expected to find that there is enough, which can improve work efficiency, physical and mental health and reduce the appearance of negative driving behaviors.



**Sleepless nights affect your physical, mental
and working performance. Don't sleep on it.
Start getting more rest now!**





Managerial / Practical Implications

1. Give employees a half-hour break every day.
2. Implement no overtime workroom.
3. Strengthen driving training to reduce the occurrence of bad driving behaviors of employee drivers.
4. Get off work hard to ensure that no one sends emails or requests after work, and management supports this policy.



Limitations

1. Failure to test the influence of factors that exclude employees' activities after getting off work
2. It takes a long time to implement to achieve significant results
3. Resources for workforce surveys



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Thank you!

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