

# High vs Low Academic Achievement: What Difference Does Sleep Make? [Response to Letter]

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Rostam Jalali<sup>1</sup>  
Habibolah Khazaie<sup>2</sup>  
Behnam Khaledi Paveh<sup>1</sup>  
Zinab Hayrani<sup>1</sup>  
Lida Menati<sup>1</sup>

<sup>1</sup>Faculty of Nursing and Midwifery, Kermanshah University of Medical Sciences, Kermanshah, Iran; <sup>2</sup>Sleep Disorders Research Center, Kermanshah University of Medical Sciences, Kermanshah, Iran

## Dear editor

I read the letter to the editor about our article.<sup>1</sup> I am glad to hear from Miss Sodeinde about this topic. There are many studies on the association between sleep quality and academic performance, but as you know, despite the meta-analysis and systematic review<sup>2</sup> in this regard, a uniform sound is not heard and some studies have shown that there is no relationship.<sup>3,4</sup>

As a researcher interested in this subject, I was looking for an answer to this ambiguity. According to qualitative researchers, qualitative sampling can be used in quantitative research and vice versa to find better answers to their questions. One method is to use purposeful sampling. To draw a purposive sample, a researcher begins with specific perspectives in mind that he or she wishes to examine and then seeks out research participants who cover that full range of perspectives. Purposeful sampling is oriented towards the development of idiographic knowledge – from generalizations from and about individual cases.<sup>5</sup>

Therefore, purposive sampling was used. We do not deny the confounding variables in the descriptive study and we believe that our expectations from the results of descriptive research should be the same as descriptive research. In this article,<sup>1</sup> we have also recommended conducting a longitudinal study and a greater sample size.

Regarding the grade point average (GPA), we used the highest and lowest grade points in each field, and the GPA of these students in each field could be similar or different. However, this study tried to find an answer to the relationship between sleep quality and academic performance by qualitative sampling. We hope that we have been successful in this direction.

## Disclosure

The authors declare no conflicts of interest in this communication.

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Correspondence: Rostam Jalali  
Faculty of Nursing and Midwifery,  
Kermanshah University of Medical  
Sciences, Kermanshah, Iran  
Email ks\_jalali@yahoo.com



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