

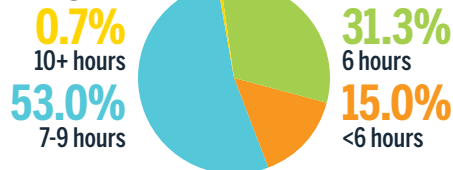
# healthyhorns issues brief

# Sleep

FALL 2021

## Sleep Duration (average amount of sleep per night in the last 2 weeks, excluding naps)

### Weeknights



### Weekends



## Met Sleep Recommendations\*

### Weeknights



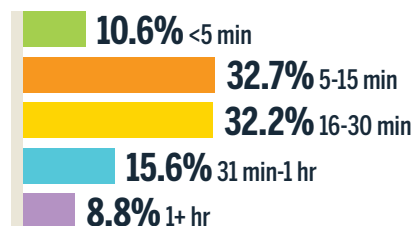
### Weekends



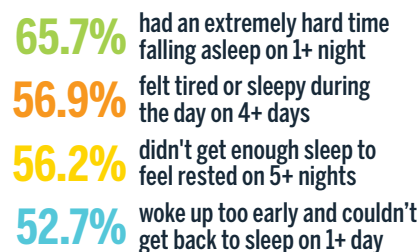
\* Based on average hours of sleep per night in the last 2 weeks, excluding naps. The National Sleep Foundation recommends 7-9 hours of sleep per night for adults.<sup>1</sup>

## Sleep Latency

How long does it usually take for you to fall asleep at night once you close your eyes?



## Sleep Problems (in the previous week)



## Factors Related to Sleep Quality

### Caffeine intake.

Students who drink 3+ servings of caffeine per day have more difficulty falling asleep than those who drink 2 or fewer servings per day.

### Stress.

Highly stressed students have more sleep problems, including waking up too early, feeling sleepy or tired, difficulty falling asleep, and not getting enough sleep.

### GPA.

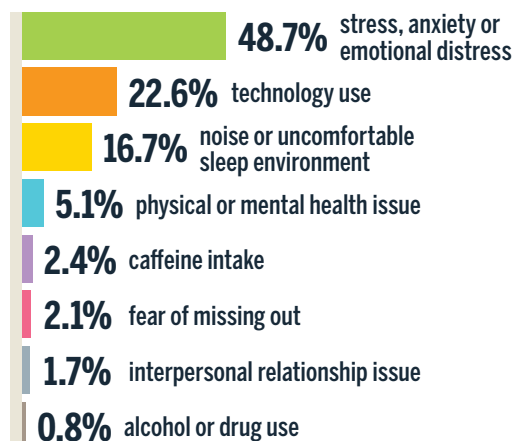
Students who meet weeknight sleep recommendations<sup>1</sup> have significantly higher GPAs than those who do not.

### Vigorous exercise.

Students who vigorously exercise<sup>†</sup> for 15+ minutes per day fall asleep more quickly than those who do not.

<sup>†</sup> High-intensity activities (e.g., running, interval training) that substantially increase heart and breathing rate, making it difficult to say more than a few words in a row without pausing for a breath.<sup>2</sup>

## Which factor impacts your sleep the most?



<sup>1</sup> Hirshkowitz M, Whiton K, Albert SM, et al. National Sleep Foundation's updated sleep duration recommendations: final report. *Sleep Health*. 2015;1(4):233-243.

<sup>2</sup> U.S. Department of Health and Human Services. *Physical Activity Guidelines for Americans*, 2nd edition. Washington, DC: U.S. Department of Health and Human Services; 2018.

# healthyhorns

University Health Services  
Counseling and Mental Health Center  
Longhorn Wellness Center  
Division of Student Affairs

Data source is 2021 American College Health Association's National College Health Assessment (ACHA-NCHA III).

**FIELD DATES: OCTOBER 24-NOVEMBER 21, 2021.** Total of 682 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.



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