

healthyhorns issues brief

Sleep

FALL 2023

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

Weeknights

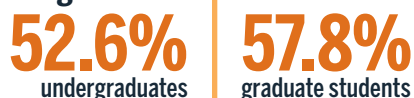


Weekends

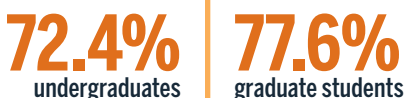


Met Sleep Recommendations*

Weeknights



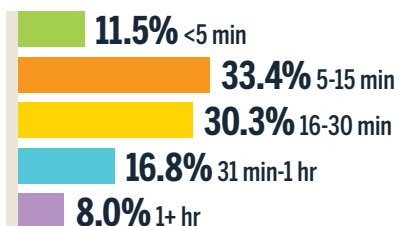
Weekends



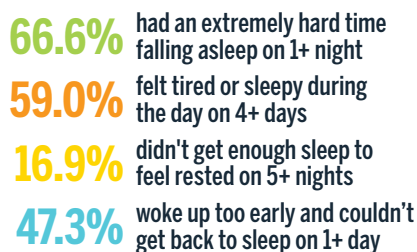
* Based on average hours of sleep per night in the last 2 weeks, excluding naps. The National Sleep Foundation recommends 7-9 hours of sleep per night for adults.¹

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

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.

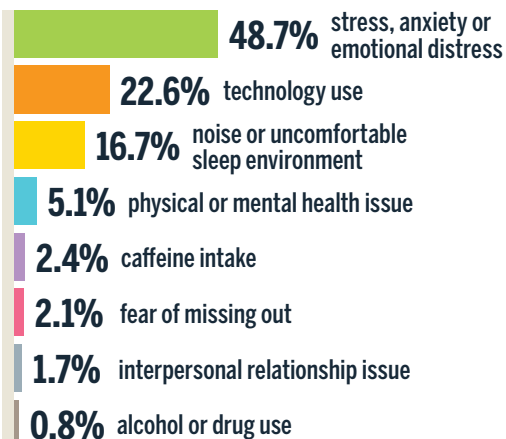
Students who meet weeknight sleep recommendations¹ have significantly higher GPAs than those who do not.

Physical activity.

Students who meet physical activity recommendations[†] report less frequent sleep problems, including feeling sleepy or tired, difficulty falling asleep, and not getting enough sleep.

[†] 150+ minutes per week of moderate aerobic activity, where 1 minute of vigorous activity equals 2 minutes of moderate activity.²

Which factor impacts your sleep the most?



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

² 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 2023 American College Health Association's National College Health Assessment (ACHA-NCHA III).

FIELD DATES: OCTOBER 8-NOVEMBER 12, 2023. Total of 2,478 respondents for a web survey among University of Texas at Austin students. Note: Graduate student category includes graduate and professional students.



TEXAS
The University of Texas at Austin