

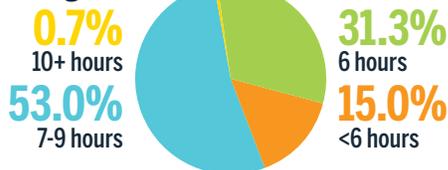
healthyhorns issues brief

Sleep

FALL 2021

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

Weeknights



Weekends

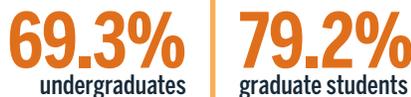


Met Sleep Recommendations*

Weeknights



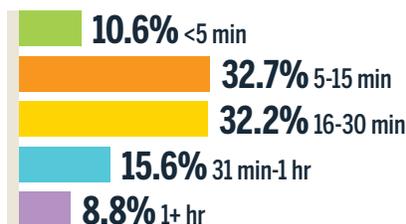
Weekends



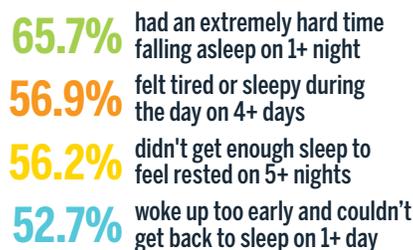
* Based on average hours of sleep per night in the last 2 weeks, excluding naps. The National Sleep Foundation recommends 7-9 hours of sleep per night for adults.¹

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

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.

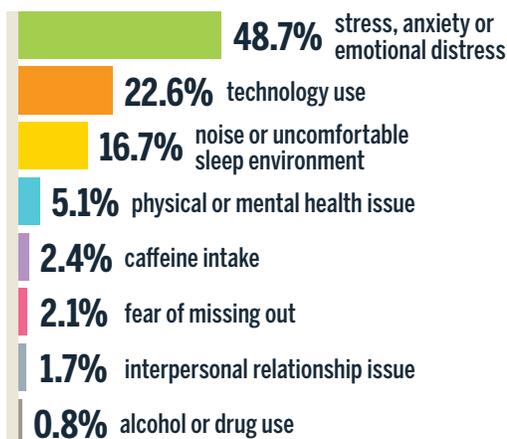
Students who meet weeknight sleep recommendations¹ have significantly higher GPAs than those who do not.

Vigorous exercise.

Students who vigorously exercise[†] for 15+ minutes per day fall asleep more quickly than those who do not.

[†] 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.²

Which factor impacts your sleep the most?



¹ 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.

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 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.



TEXAS
The University of Texas at Austin