**Sleep**

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

- **Weeknights**
  - 10+ hours: 0.7%
  - 6 hours: 15.0%
  - <6 hours: 53.0%
- **Weekends**
  - 10+ hours: 9.9%
  - 6 hours: 72.7%
  - <6 hours: 10.9%

**Met Sleep Recommendations**

- **Weeknights**
  - Undergraduates: 50.4%
  - Graduate Students: 58.0%
- **Weekends**
  - Undergraduates: 69.3%
  - Graduate Students: 79.2%

**Sleep Latency**

- How long does it usually take for you to fall asleep at night once you close your eyes?
  - <5 min: 10.6%
  - 5-15 min: 32.7%
  - 16-30 min: 32.2%
  - 31 min-1 hr: 15.6%
  - 1+ hr: 8.8%

**Sleep Problems** (in the previous week)

- 65.7% had an extremely hard time falling asleep on 1+ night
- 56.9% felt tired or sleepy during the day on 4+ days
- 56.2% didn’t get enough sleep to feel rested on 5+ nights
- 52.7% woke up too early and couldn’t get back to sleep on 1+ day

**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 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.

**Which factor impacts your sleep the most?**

- Stress, anxiety, or emotional distress: 48.7%
- Technology use: 22.6%
- Noise or uncomfortable sleep environment: 16.7%
- Physical or mental health issue: 5.1%
- Caffeine intake: 2.4%
- Fear of missing out: 2.1%
- Interpersonal relationship issue: 1.7%
- Alcohol or drug use: 0.8%

---


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.