Sleep Survey Results

Sleep is essential for the body to function properly. Generally, people aged 18-25 need about eight to ten hours of sleep a night to feel well rested and for their bodies to function properly. When people consistently fail to get an adequate amount of sleep it is likely that they will have performance problems in school, difficulty paying attention, and difficulty controlling their emotions.

According to the students surveyed, 76% of them do not obtain enough sleep 4 or more nights, with 11.3% stating they do not obtain enough sleep on any given night. According to the Centers for Disease Control and Prevention and the National Sleep Foundation the average young adult needs 7-9 hours of sleep per night. Among the NIU students surveyed, 56.2% of them achieved 6 or fewer hours of sleep the previous night. A person getting enough sleep ought to be able to wake, refreshed, without an alarm.

78% of students surveyed nap. The average nap lasted 85 minutes. If napping keep it to 20-30 minutes or alternatively about 90 minutes. Twenty to thirty minutes is enough time for your body to rest before it drops into deep sleep, and 90 minutes is enough time for your body to complete a full sleep cycle.

35% of students surveyed stated that stress and worry are keeping them awake. Music, reading, and bedtime rituals are the top three things that help NIU students fall asleep. Music was indicated by 170 of the 388 participants (43.8%) to help them fall asleep. Nearly a quarter of the participants read to help them fall asleep. Environmental factors such as noise, temperature, light, and roommate habits are the top reasons for keeping NIU students awake at night (46.3%).

Helpful Hints

- Establish consistent sleep and wake schedules, even on weekends.
- Create a regular, relaxing bedtime routine such as soaking in a hot bath or listening to soothing music begin an hour or more before the time you expect to fall asleep.
- Create a sleep-conductive environment that is dark, quiet, comfortable and cool.
- Sleep on a comfortable mattress and pillows
- Use your bedroom only for sleep and sex (keep "sleep stealers" out of the bedroom – avoid watching TV, using a computer or reading in bed).
- Finish eating at least 2-3 hours before your regular bedtime.
- Exercise regularly.
- Avoid caffeine and alcohol products close to bedtime and give up smoking.

Can’t sleep? Contact one of the following resources for help.

- Counseling & Consultation Services
  www.niu.edu/counseling  CLB room 200 815-753-1206
- Wellness Promotion
  www.niu.edu/wellness Chick Evans Field House 815-753-9755
- Health Services
  http://www.uhs.niu.edu/healthservices Health Services Building 815-753-1311

For further information go to:

- Centers for Disease Control and Prevention
  www.cdc.gov
- National Sleep Foundation
  sleepfoundation.org
- How much sleep do we really need

1Based on random sample of NIU students, National College Health Association, February 2015, N = 383