

NCHA and NIU Data Dashboards

2011, 2013, 2015

Sleep and Stress

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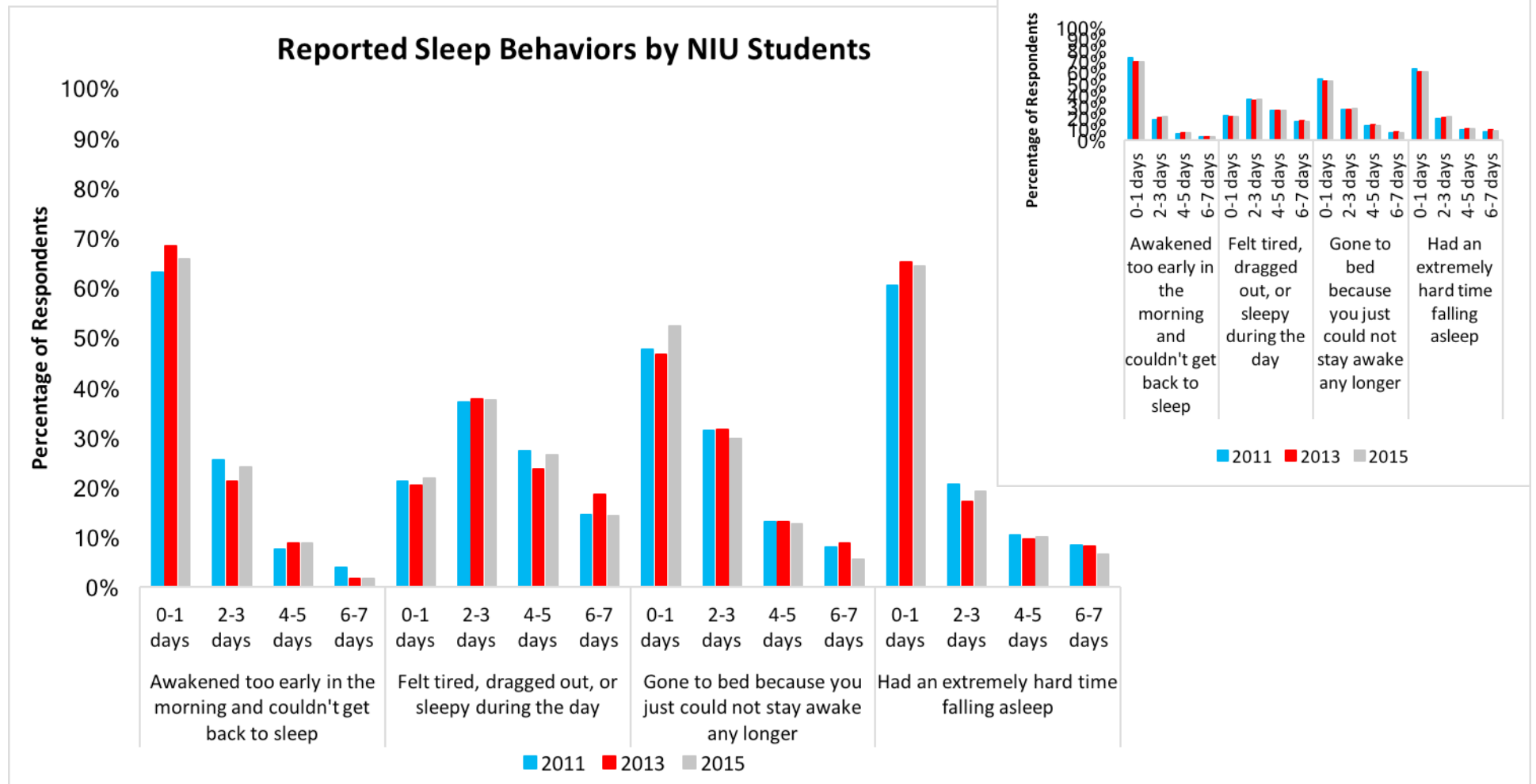


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NIU Does Not Differ from NCHA* Reference Group on Reported Sleep Behaviors



NIU undergraduate participants were asked to report how often these behaviors happened to them. A majority of student participants indicated that they awakened too early in the morning 0-1 days. Further, a majority indicated that they had an extremely hard time falling asleep 0-1 days. A smaller group, but still majority, indicated that they had gone to bed because they could not stay awake any longer 0-1 days. Finally, students reported that 2-3 days and 4-5 days they felt tired, dragged out, or sleepy during the day. These trends are comparable to the NCHA* Reference Group.

*National College Health Assessment

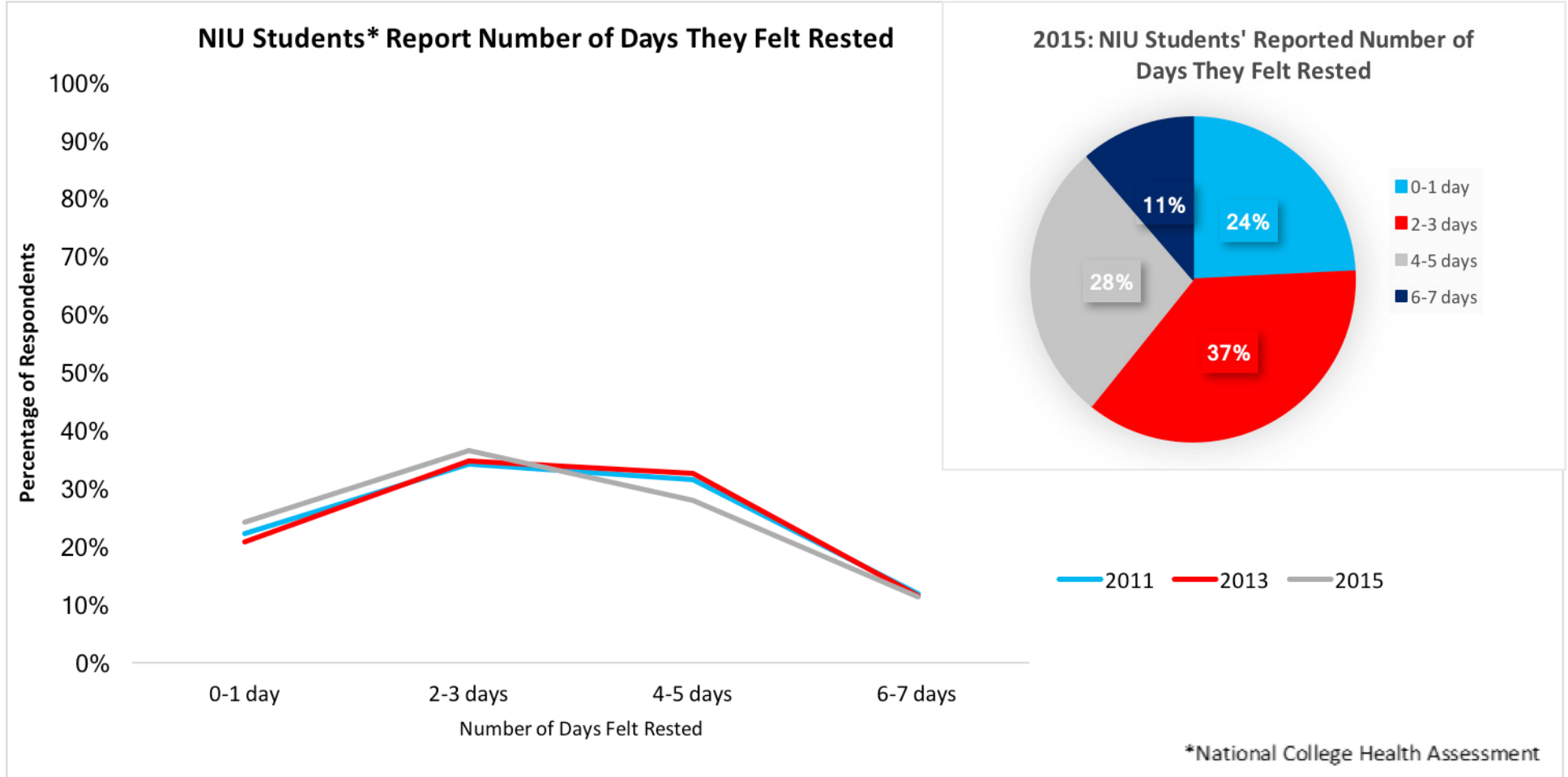


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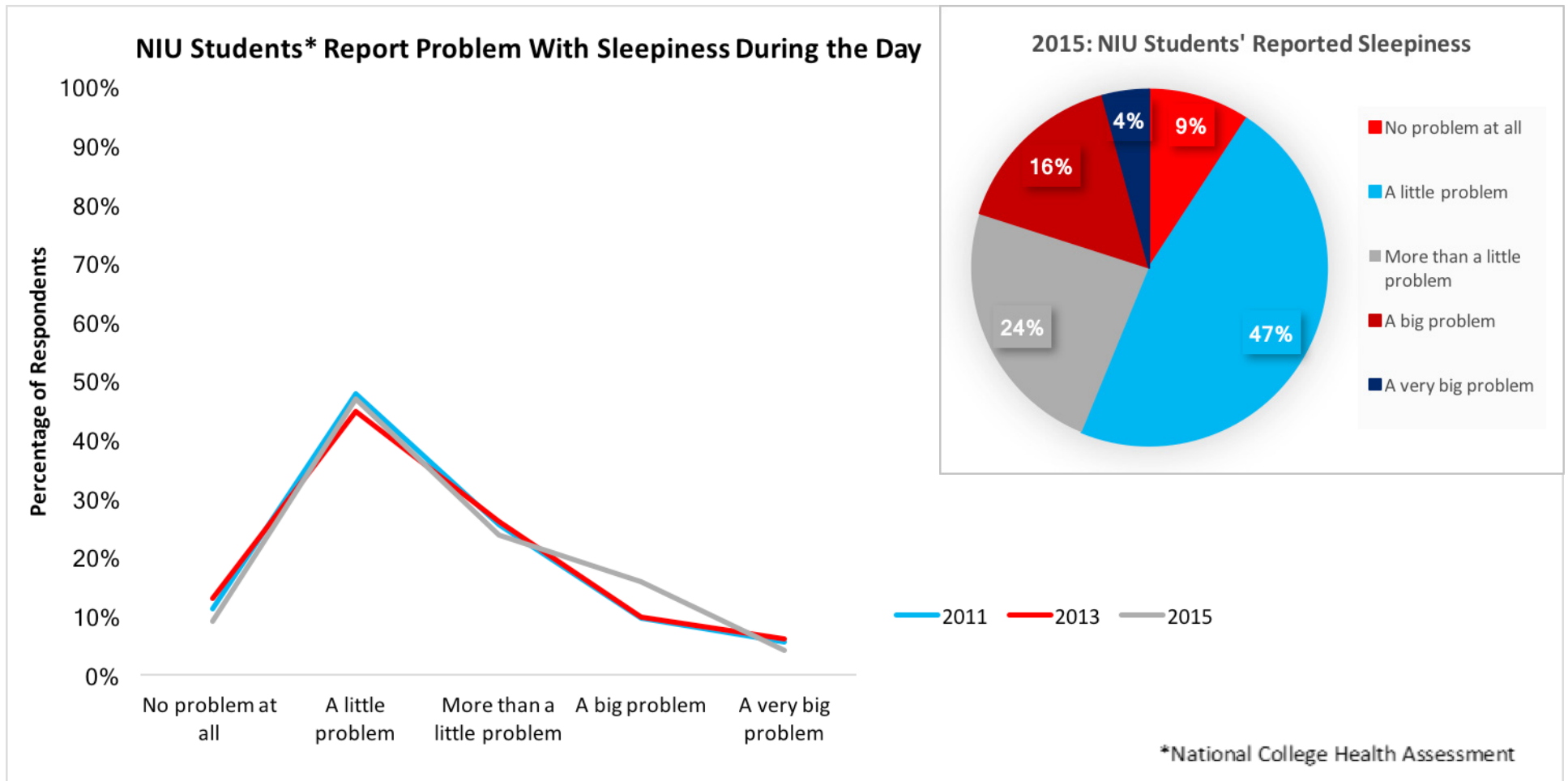
NIU Students Report Days Felt Rested



NIU undergraduate participants indicated a stable trend in days slept to the point they felt rested in the three survey years. In 2015, a little over one-third of participants indicated that they slept until feeling rested 2-3 days in the past seven days. Further, a little over one-fourth of participants indicated that they slept until feeling rested 4-5 days. A little under one-fourth of participants indicated that they only slept 0-1 days until they felt rested. Finally, about a tenth of participants indicated that they slept until they felt rested 6-7 days in the past seven days. These trends are comparable to the National College Health Assessment Reference Group.



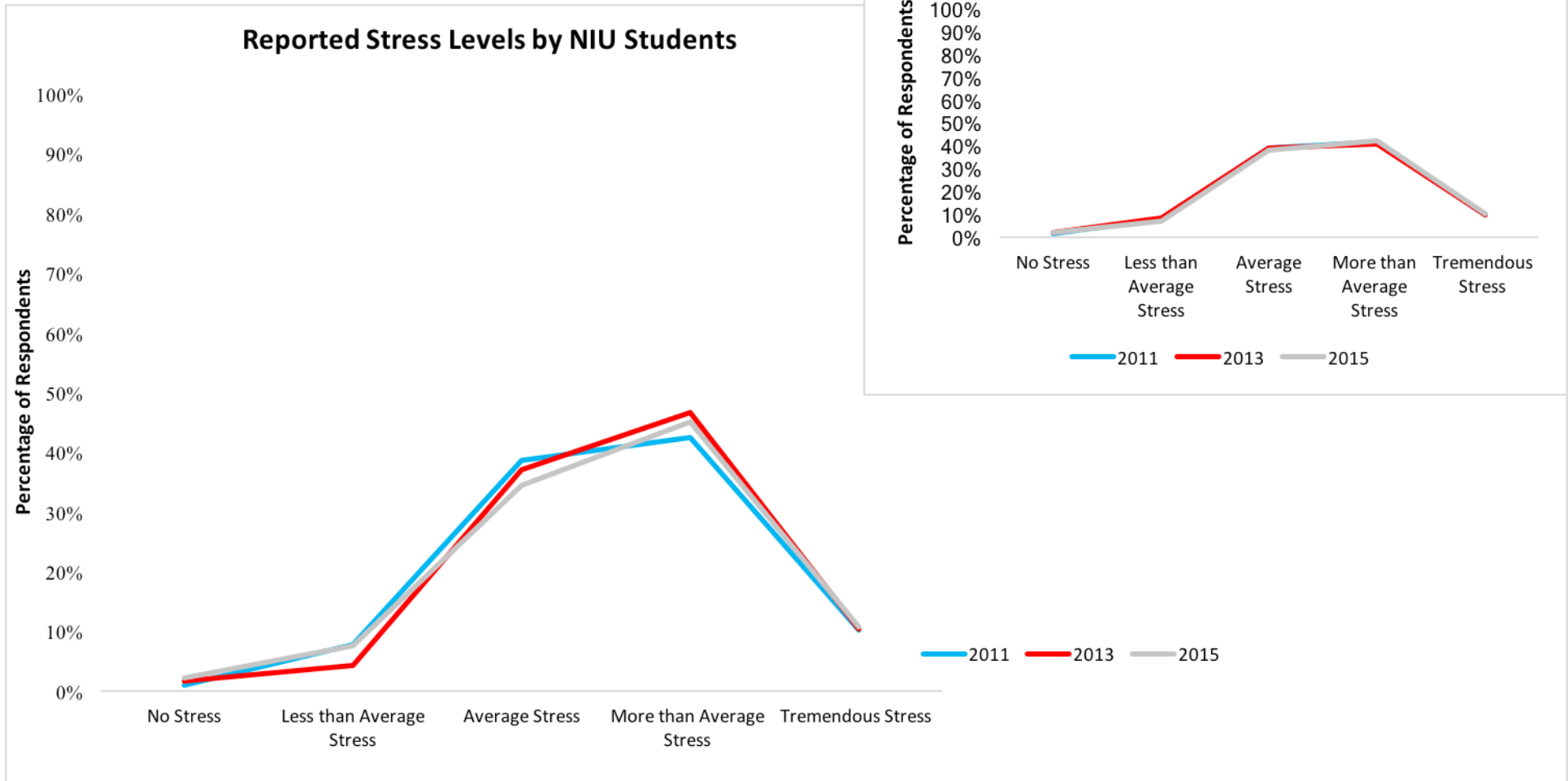
NIU Students Report on Sleepiness During the Day Issues



NIU undergraduate participants were told that sleepiness sometimes happens to everyone in the daytime. They indicated a stable trend in issues with sleepiness during the day in the three survey years. In 2015, a little under half of the participants indicated that they had a little problem with sleepiness during their daytime activities. Further, a little under one-fourth of participants indicated that they had more than a little problem with sleepiness. A smaller group of individuals indicated that they had a big problem with sleepiness during daytime activities. Less than a tenth of individuals indicated that they had no problem at all with sleepiness. Fortunately, less than 5% of individuals indicated that they had a very big problem with sleepiness during their daytime activities. These trends are comparable to the National College Health Assessment Reference Group reporting.



NIU Does Not Differ from the NCHA* Reference Group in Self-Reported Stress Levels



NIU undergraduate participants consistently reported the same trends when it comes to self-reported stress levels. More specifically, NIU undergraduates commonly report having average stress or more than average stress. This is comparable to the NCHA* reference group's reported stress levels.

*National College Health Assessment

