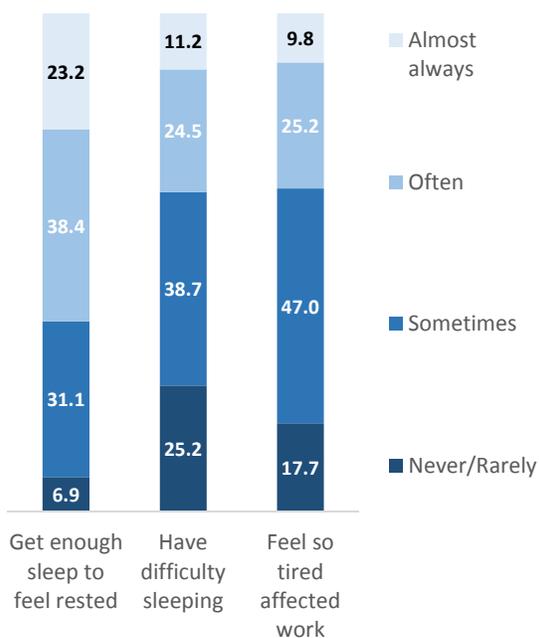


# WELLNESS SERIES: GRADUATE SLEEP

## Sleep Patterns

Participants were asked to rate the quality of their sleep over the past month by indicating if the statements provided corresponded to them “never” (1 or fewer times), “sometimes” (2-4 times), “often” (5-15 times), “almost always” (15-30 times) or “never”. As shown in Figure 1, it is encouraging to know that 61.6% of our graduate and professional students often or almost always have enough sleep. However, 74.8% of respondents indicated having difficulty sleeping, which included intermittent sleep, difficulty falling asleep and waking earlier than intended at least sometimes. This led to 35% of respondents indicating that their ability to work or study was affected often or almost always.

**Figure 1: Sleep Patterns Among Graduate and Professional Students**

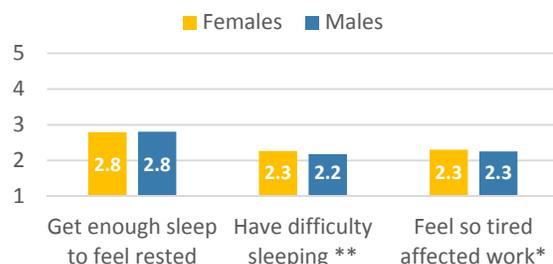


## Comparison by Gender

No significant differences in restful sleep were found among graduate and professional students on the basis of gender as shown in Figure 2.

However, female respondents had significantly more difficulty sleeping over the past month than male respondents ( $p < 0.01$ ). Similarly, female respondents were significantly more likely to indicate that their work was affected by their lack of sleep ( $p < 0.01$ ).

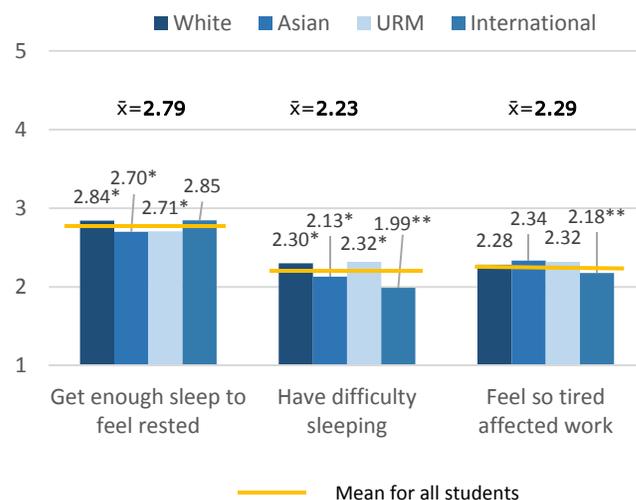
**Figure 2. Sleep Patterns by Gender**



## Comparison by Race/Ethnicity

URM and White students were more likely to report difficulty sleeping. Conversely, Asian students reported lower levels of difficulty sleeping, including intermittent sleep, difficulty falling asleep and waking earlier than intended ( $p < 0.05$ ). White students were more likely to report getting enough sleep and feeling rested, whereas URM and Asian students reported lower levels of restful sleep. International students were significantly less likely to report having difficulty sleeping ( $p < 0.01$ ).

**Figure 3. Sleep Patterns by Race/Ethnicity**



# WELLNESS SERIES: GRADUATE SLEEP

---

Note: Graduate and Professional Student Survey 2014 data was used for this brief. Analysis of the data primarily included frequencies and descriptive statistics. To understand group differences by gender and race/ethnicity, we conducted t-tests. The average for each race/ethnicity was compared to the overall average in order to determine if the average of each group (Asian, International, URM, and White) differed respective to the overall mean. Significance was calculated and reported as follows: one asterisk (\*)  $p < 0.05$ , two asterisks (\*\*)  $p < 0.01$ .

For accompanying information including participant demographics, survey methodology, and additional undergraduate wellness series briefs please visit: <http://www.sairo.ucla.edu/2014-Wellness>.