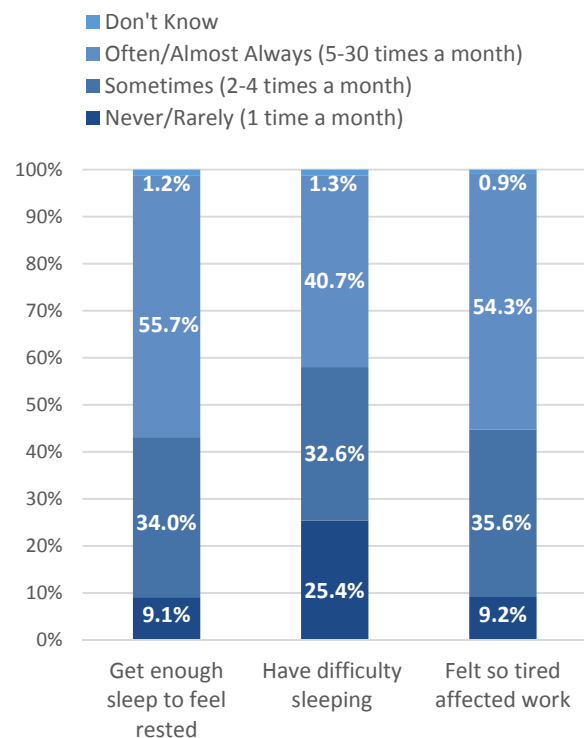


# WELLNESS SERIES: UNDERGRADUATE SLEEP

## Sleep

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), or “almost always” (15-30 times). As shown in Figure 1, it is encouraging to know that a little more than half, 56%, of our undergraduate students “often” or “almost always” have enough sleep to feel rested. However, 41% of respondents indicated “often” or “almost always” having difficulty sleeping, which included intermittent sleep, difficulty falling asleep, and waking earlier than intended. Additionally, 54.2% of respondents indicated “often” or “almost always” feeling so tired during the day that it affected their ability to do work or study.

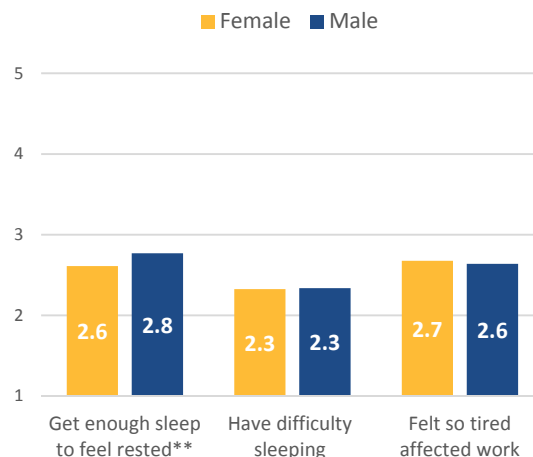
**Figure 1. Sleep Patterns**



## Comparison by Gender

Significant differences at the  $p < .01$  level in restful sleep were found among undergraduate students on the basis of gender (see Figure 2). No significant differences were found for having difficulty sleep or feeling tired.

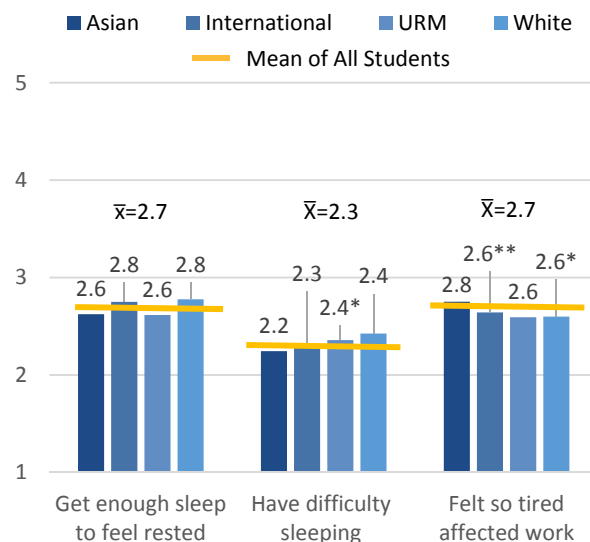
**Figure 2. Gender Mean Comparison for Sleep Patterns**



## Comparison by Race/Ethnicity

International and White students were more likely to report difficulty sleeping compared to all respondents ( $p < .05$ ). Interestingly, White students were also more likely to report getting enough sleep and feeling rested ( $p < .01$ ). Asian, URM and White students reported lower levels of restful sleep (Figure 3).

**Figure 3. Race/Ethnicity Mean Comparison for Sleep Patterns**



Note: UCUES 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

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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>.