

Sleep Deprivation Among College Students

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FYRE

FIRST-YEAR RESEARCH AND
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Burning Question

College students have with their sleep and what effects bad sleep habits and sleep deprivation can have on students.

I decided to research this question because problems with sleep is something I and many other students face often and I wanted to see how it effects students and what can be done to combat it.

Existing Knowledge, Research and/or Views

My existing knowledge is based off of my personal experience, both with sleep and balancing a work load of both school and a part time job. My views going into this project was that many students, especially those who are in college and are living away from home tend to have a poor relationship with sleep and their sleep cycle. I also believed that this can and will have a negative effect on the students academic performance

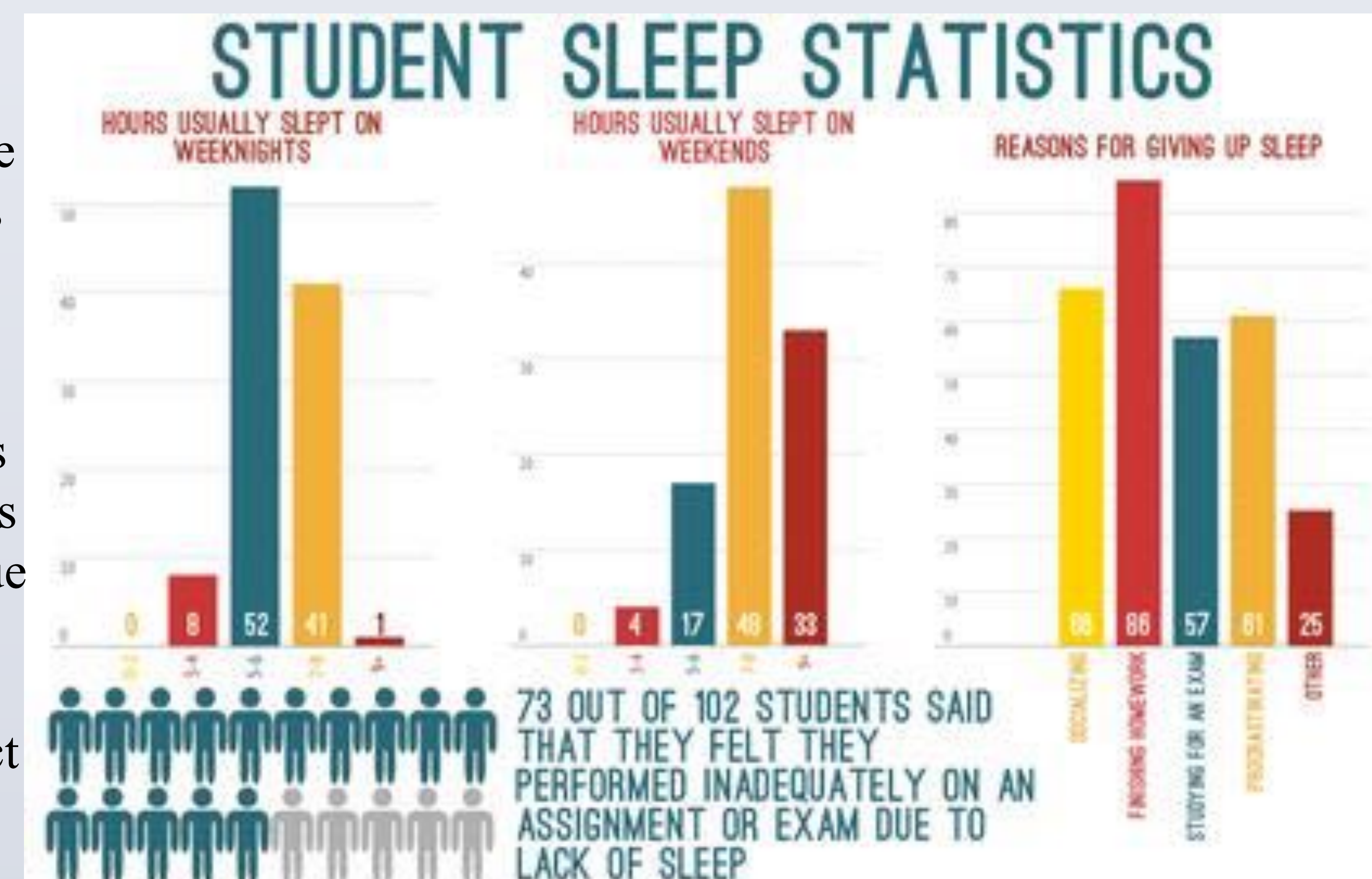
Methodology

- Data base resources
- Article/newspaper resources
- Expert opinions
 - For my expert opinion I spoke with Denise Zack from the wellness center here at Southern and got her expert opinion and first hand experience from how she sees students and their relationship with sleep, she also gave me some strategies to develop better sleep habits and behavior.

Findings and Analysis

My findings after my research was that; sleep deprivation among students and among America in general has become an epidemic, to quote from LeAnne Forquer “individuals in this age group [college students] require about 9 hours of sleep each night however most only receive about 7 to 8 hours” (Forquer 1). This illustrates how across the board many students are not receiving the correct amount of sleep that they should be. There are also many reasons that can cause this, especially when the student is living away from home and for many it is their first time with independence and having to juggle a lot of their own responsibilities sleep can sometimes fall by the wayside (Zack). I also found through my research that college students are not the only age group that can have problems with sleep deprivation, for many students their sleep problems start before college. Traditionally many high schools start at around 7 or 8 in the morning and for teens getting up this early can be difficult. As talked about by Steven Mardon in the *Newsweek* article “Homeroom Zombies”, “Biology also works against adolescents’ sleep. The body’s internal clock which controls when a person starts to feel tired, shifts after puberty, making it hard for most teens to fall asleep before 11 p.m.” (Mardon 3) This shift starts after puberty and stays for most of the teen years,

which then leads into college where there are countless more distraction than many students face in high school. This then can make it difficult for students to both wake up in time for class and get too class but also this can cause students to not pay attention in class due to a lack of sleep and many also find themselves falling asleep in class. This disconnect in the class room can lead to poor academic performance.



Artistry

(Mardon)

For the artistry portion of this project, the rest of my group covered health related topics and we will be making a short video based off the T.V. show *Adam Ruins Everything* to bring awareness to these issues with also a comedic twist.

Conclusions

In conclusion, sleep deprivation is an epidemic among not just college students but also among high school students, which can leave a lot of people with a lifetime of bad sleeping habits. However some forms to combat sleep deprivation or set yourself back on track is:

- Create a schedule of all tasks that need to be completed and make sure to account for sleep
- Go to bed and wake up at consistent times
- Only use bed for sleeping
- Create a routine before bed to signal to your brain that it is time to settle down
- Listen to calming music
- Try to avoid sleep aids, as you also want to be able to have healthy natural sleep

(Zack)

It is important to get back on track because Sleep Deprivation can have bad long term effects and it is important to stop the problem before it persists.

Sources

- Mardon, Steven. "Homeroom Zombies." *Newsweek*, vol. 150, no. 12, 2007, p. 64.
- Forquer, LeAnne M., et al. "Sleep Patterns of College Students at a Public University." *Journal of American College Health*, vol. 56, no. 5, 2008, pp. 563–565.
- Zack, Denise. Personal Interview Oct. 11