

2015 National College Health Assessment: UW-Green Bay

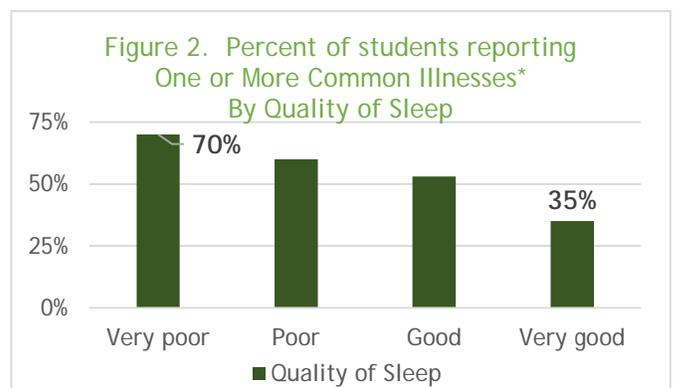
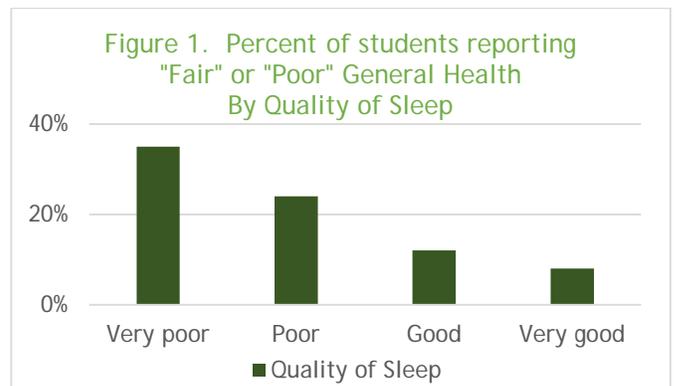
SNAPSHOT: Sleep

About the NCHA

In spring 2015, 255 UW-Green Bay students participated in the National College Health Assessment (NCHA), an online survey done each year by the American College Health Association. These snapshot reports examine some of the topics covered by the survey. For more information about the survey, contact the Counseling & Health Center at UW-Green Bay at (920)465-2380.

The NCHA survey has queried students about their sleep patterns for many years. UW-Green Bay's 2015 results mirror those from around the state and nation on this topic and suggest that national interest in sleep and sleep disorders has not yet translated into improved outcomes for most college students. Out of 19 mental health topics listed, sleep difficulties ranked 4th in the number of student interested in getting information (62%) but 16th in the number of students actually receiving information (34%). In all, 37% of respondents indicated they were interested in getting information about sleep difficulties and had not received any from the University. (See *SNAPSHOT: Counseling Communication* in this series for additional details.) Sleep difficulties negatively affect the academic performance of 28% of respondents, which matches the impact of anxiety. Only stress negatively affects the self-reported academic performance of more students (36%) than sleep problems.

Figures 1 through 3 divide the UW-Green Bay respondents into four equal-sized groups that categorize students based on their responses to 13 survey questions related to sleep. For example, those in the "Very good" group typically feel well rested five or more days a week and almost never have problems with sleepiness, while those in the "Very poor" group typically sleep well fewer than three days a week and all report at least some problems with sleepiness. Problem with sleep are quite pervasive, showing no correlation with race, gender, sexual orientation, age, year in school, transfer student status, campus residence, relationship status, weight, work or volunteer service patterns.



*Illnesses counted include allergies, asthma, back pain, breaks/fractures, bronchitis, ear infection, migraine, sinus infection, strep throat and urinary tract infection. A professional must have diagnosed the illnesses within the past year.

