



Abstract

The status of Americans' sleep in general is poor, however limited literature describes the emerging adult population's sleep pattern. Existing literature has shown that in past decades the sleep of youth transitioning into adulthood, such as college students, is diminishing in quality and quantity. Additionally, poor sleep has been shown to impact health, perceived wellness, academics, and work related performance in a negative manner. The purpose of this study was to describe the state of emerging adult college students' sleep patterns at a large Midwestern university.

Sleep characteristics were measured by the American College Health Association's National College Health Assessment-II at a large Midwestern university. The participants were limited to 762 (n = 291 male, n = 471 female) undergraduate students, ages 18 to 23, enrolled at a large Midwestern university to best capture the emerging adult population.

Descriptive statistics, including means and percentages, were used to determine the current characteristics of students' sleep. Descriptive results indicated that students have poor sleep quality, less than half have received information on sleep from the university, and students are interested in receiving information, but only 2.6% have been diagnosed or treated for a sleep disorder.

Findings resulted in the conclusion that university health promotion and education should indeed address sleep quality considering the impact on wellbeing, health, and school and work related performance. Doing so may reduce negative outcomes for youth as they transition into adulthood and throughout the lifespan. Suggestions for sleep based health promotion and education will be provided.

Review of Literature

- Americans' sleep in general is poor, however limited literature describes the emerging adult population's sleep patterns.
- Existing literature has shown that in past decades the sleep of youth transitioning into adulthood, such as college students, is diminishing in quality and quantity (ACHA, 2005; Hicks, Fernandez, & Pellegrini, 2001)
- College students capture about half of the emerging adult population and may experience unique determinants and consequences of sleep quality (Buboltz, Brown, & Soper, 2001: Steptoe, Peacev. & Wardle, 2005).
- Sleep researchers have identified the need for sleep research among emerging adults (Davidson, 2012; Jennings, 2012; Lund, Reider, Whiting, & Prichard, 2010; Wolfson, 2010).

Poor sleep is associated with greater risk across the lif (Naitoh, Kelly, & Englund, 1990; Strine & Chapman, 2005)		
Physical distress	Mental	
Depressive symptoms	Activity li	
Pain	Anx	
Cardiovascular disease	Depre	
Diabetes	Reduced q	
General poor health	Smo	
Heavy drinking	Disruptions in cell proce	
Physical inactivity	Obe	

Purpose

The purpose of this study was to describe the state of emerging adult college students' sleep patterns at a large Midwestern university.

Characteristics and State of College Students' Sleep

espan for

- distress
- imitations
- **kiety**
- ession
- uality of life
- oking
- ular and hormonal esses
- esity

Participants

762 traditional undergraduate students enrolled at a large Midwestern university. Measures – ACHA-NCHA-II

- Demographic items.
- 5 sleep related demographics items.
- 6 sleep quality items.

No

Yes

Procedures

- Assessment conducted in the 2011 spring semester.
- Descriptive statistics calculating means and percentages to describe state of students' sleep.

Results

Table 1 <i>Demographics (N = 762)</i>			
Demographic		n	%
Age (M = 20.44)			
	18	43	5.6
	19	160	21.0
	20	145	23.0
	21	221	29.0
	22	128	16.8
	23	35	4.6
Gender			
	Male	291	38.2
	Female	471	61.8
Ethnicity			
	White, non Hispanic	649	85.2
	Other	146	19.1
Year in School			
	1 st year undergraduate	147	19.3
	2 nd year undergraduate	188	24.7
	3 rd year undergraduate	241	31.6
	4 th year undergraduate	147	19.3
	5 th year undergraduate	39	5.1
Current Residence	ce		
	Campus residence hall/housing	239	33.3
	Fraternity or sorority house	90	11.8
	Off campus/other housing	429	56.3
Table 2 <i>Sleep Relate</i>	d Demographics (N = 762)		
Sleep Related	Demographic	n	%
Received sleep d	liagnosis in past 12 months		
	Insomnia and/or other sleep disorder	20	2.6
Received informa	ation from university on sleep		
	No	432	56.7
	Yes	314	41.2
Interested in receiving information on sleep			
	Νο	368	48.2
	Yes	346	45.4
Sleep difficulties	had been difficult to handle in past 12 months		
	Νο	595	78.1
	Yes	156	20.5
Sleep difficulties	affected academic performance in past 12 months		

Chandra Jennings, PhD, MSE, CHES **Assistant Professor of Community Health Education University of Maine Farmington**

Methods

627

109

82.3

14.3

Table 3

Sleep Quality indica **Sleep Quality Indicato** Days per week students for the morning.

Days per week students f

Days per week students f Days per week students r Days per week students h

On average, how much of on a scale from 1, no prob

- the lifespan.

- improvement of the health behavior.

- KU CRMDA
- **Resource Office**
- Dissertation Committee

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ators (N = 762)	
r	Μ
elt they got enough sleep so that they felt rested when the woke up in	3.99
elt they awakened too early in the morning and couldn't get back to	2.06
elt they were tired, dragged out, or sleepy during the day.	4.38
eported going to bed because they just could not stay awake any longer.	3.04
ad an extremely hard time falling asleep.	2.43
a problem students had with sleepiness during their daytime activities plem at all, to 5, a very big problem.	2.63

Discussion/Conclusions

Students are seeking information on sleep, but not all are receiving it. University health promotion and education should indeed address the mediocre sleep quality and outcomes of students through providing information and services. Both passive and active sleep hygiene programming are suggested. Characteristics reflect the national phenomenon of increasing sleep issues across

• Self reported problems may not be being address medically as suggested by the low sleep disorder diagnosis. However, this may be positive as the poor quality may be due to lifestyle rather than clinical conditions.

Limitations

• Sample may not be representative of all emerging adults. • Items do not measure determinants of sleep that could be addressed for

Future Research

• Replication of the study across multiple campuses.

• Examine sleep quality across the academic year.

Examine determinants of sleep quality and demographics using varied pedagogy. • Examine outcomes and other factors influenced negatively by poor sleep quality.

Acknowledgements

 American College Health Association University of Kansas Health Education



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