



Background

- Although the American Academy of Sleep Medicine recommends 7 to 9 hours nightly, 39.2% of college students across 26 countries report sleeping 6 hours or less on average.⁴
- Sleeping for five or fewer hours a night raises the risk of mortality up to 15%.²
- Over 60% of UCSD students live off campus or commute.³
- 28% to 35% of potential sleep time is sacrificed to compensate for the time lost due to commuting among full-time workers in urban areas.¹

Objective

To determine whether the length of commute is associated with time spent sleeping among undergraduate UCSD students.

Methods

- Anonymous, university-wide Qualtrics survey made available to UCSD undergraduate students and promoted by word of mouth and flyers posted throughout campus
- Survey Platform
 - Qualtrics
- Participants
 - Undergraduate UCSD Students (N=72)
- Survey Focus
 - Weekly Commute Time and Sleep Duration
- Analysis Method
 - Pearson Correlation

Results

Table 1: Participant Demographics

Characteristic	N = 72 ¹
Age	20.64 (1.38)
Academic Standing	
> 5th year	2 (2.8%)
1st year	4 (5.6%)
2nd year	10 (13.9%)
3rd year	23 (31.9%)
4th year	33 (45.8%)
Gender	
I am not sure or questioning	1 (1.4%)
Man	40 (55.6%)
Non-binary, genderfluid, or genderqueer	2 (2.8%)
Woman	29 (40.3%)
Ethnicity	
Asian	38 (52.8%)
Black or African American	3 (4.2%)
Hispanic or Latinx	10 (13.9%)
Middle Eastern or North African (MENA)	2 (2.8%)
Mixed	11 (15.3%)
White	8 (11.1%)

¹ Mean (SD); n (%)

Figure 1: Percent of Students Living On and Off Campus

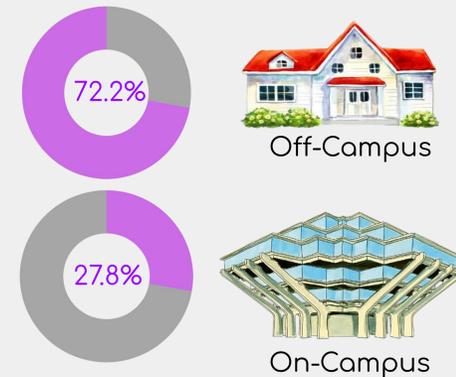


Figure 2: Correlation Coefficient of Weekly Sleep Duration on Weekly Commute Duration

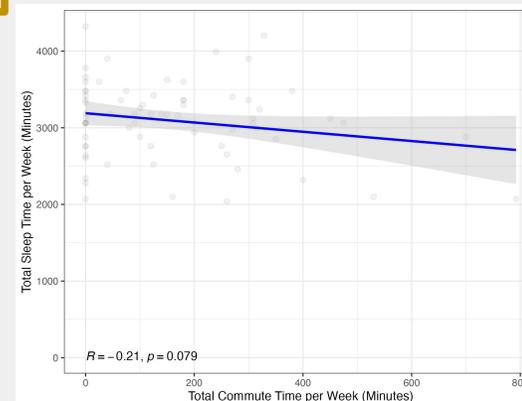


Table 2: Mean Duration of Daily Commute per Method (n=50)

Type	Minutes ¹
Car	18.34 (15.87)
Parking	5.58 (8.23)
Walking	16.18 (19.72)
Shuttle	1.60 (6.88)
Trolley	9.24 (31.02)
MTS Bus	6.18 (11.42)
Bike	5.70 (20.95)
Total Daily Commute	62.82 (36.84)

¹ Mean (SD)

- Of the 72 participants, 72.22% (n=52) reported living off-campus and the remaining students 27.77% (n=20) reported living on-campus.
- It was found that the average weekly commute time for undergraduates was found to be 226.42 minutes.
- Pearson's correlation test was conducted between total commute time per week and total amount of sleep time per week. The p value (0.079) is greater than 0.05, indicating no statistically significant correlation between commute time and sleep.

Conclusions

- Our findings reveal that there is insufficient evidence to conclude that commute time is significantly associated sleep duration per week.
- The difference in reported sleep time between students living on campus and those commuting was less than 0.3% (11.11 minutes).

Policy Implications

Further funding should be allocated to continue to evaluate and monitor the relationship between commute times and sleep among college students. Additionally, the scope of research could be broadened to identify and investigate additional factors that influence sleep quality and duration. By expanding the scope of research, more holistic sleep health policies can be developed.

Acknowledgements

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References

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