

# Analyzing Sleep Patterns of College Students and the Utilization of Sleeping Pods at University of California, San Diego (UCSD)

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## Objective

- The purpose was to differentiate sleep perceptions and utilization of sleeping pods among students attending University of California, San Diego (UCSD).

## Introduction

- Insufficient sleep cycles are prevalent at the collegiate level leading to a higher risk of chronic illnesses and influencing students academic performance (1).
- Underrated public health issue raises concern for the health quality of college students.
- Analyzing the data of sleep pattern and quality will create a better understanding for the factors that influence the lifestyle of sleep deprivation.

## Methodology

- A cross-sectional survey study administered on May 2020 with 27 participants (n=27) at UCSD. Of these participants 20 were seniors, 5 were juniors, 1 was a sophomore, and 1 was a freshman.
- Formulated a survey composed of 24 questions to which students were asked about their demographics, sleep patterns, and their relationship between sleep and school.
- Sleep patterns and interrupted sleep were self-reported.
- Extrapolated results from survey to find observed and expected frequencies to run Chi-Square Independent test.

## Results

- Students reported sleeping 6.67 hours a day.
- 77.8% said they would use the sleeping pods to give them the ability to rest.
- Data shows participants are involved with different majors in comparison to each other, therefore sleep deprivation is not limited to one major.
- With a p-value of 0.812, there is no statistically significant relationship between sleep deprivation and utilization of sleeping pods in the future.

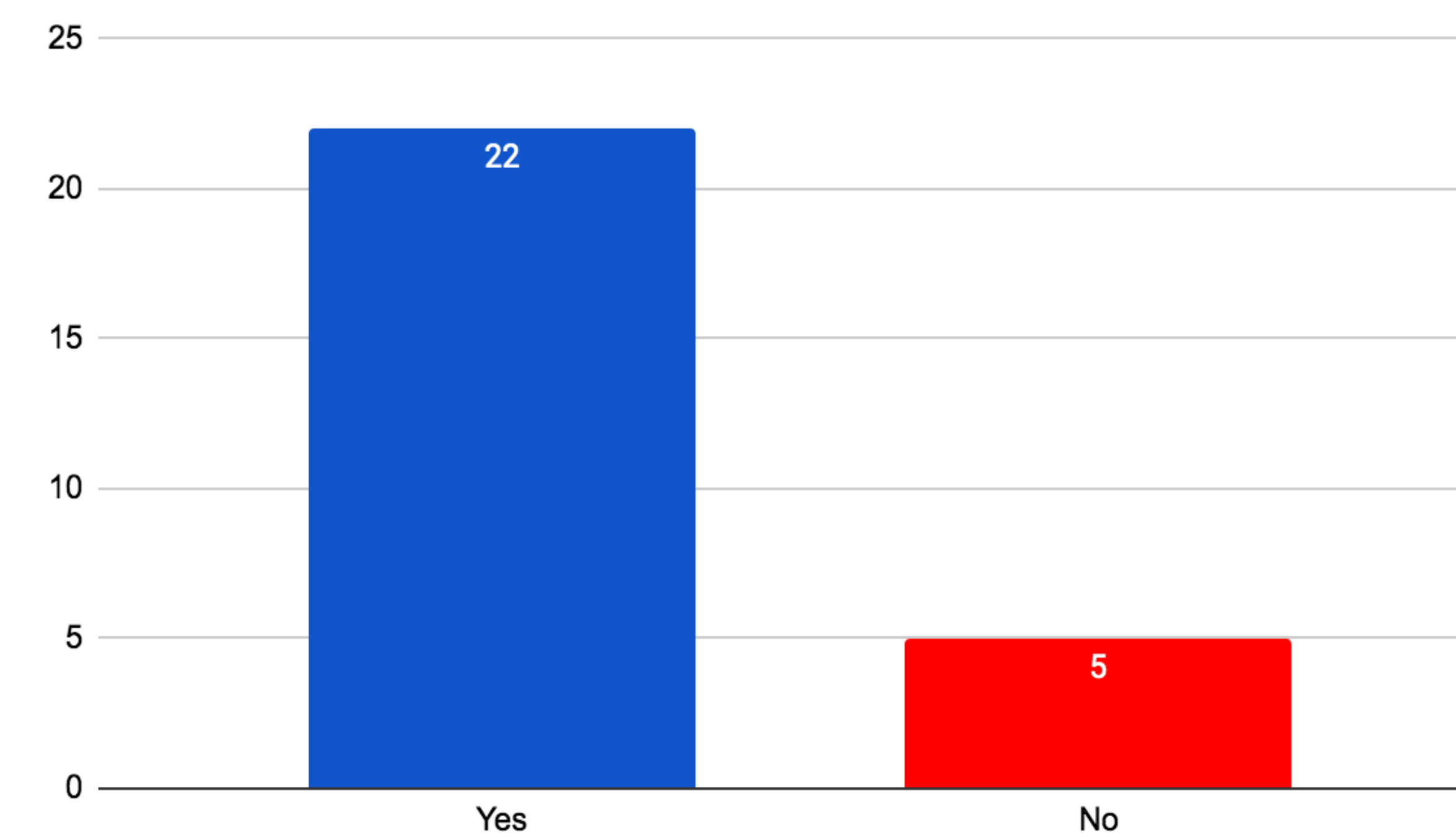
## Policy Implications

- Collegiate rigor, such as academic pressure, can result in insufficient rest among students. This prevents students from maintaining a good standard of educational performance and related health. This data can guide public health efforts to publicize the prioritization of academics over wellbeing.

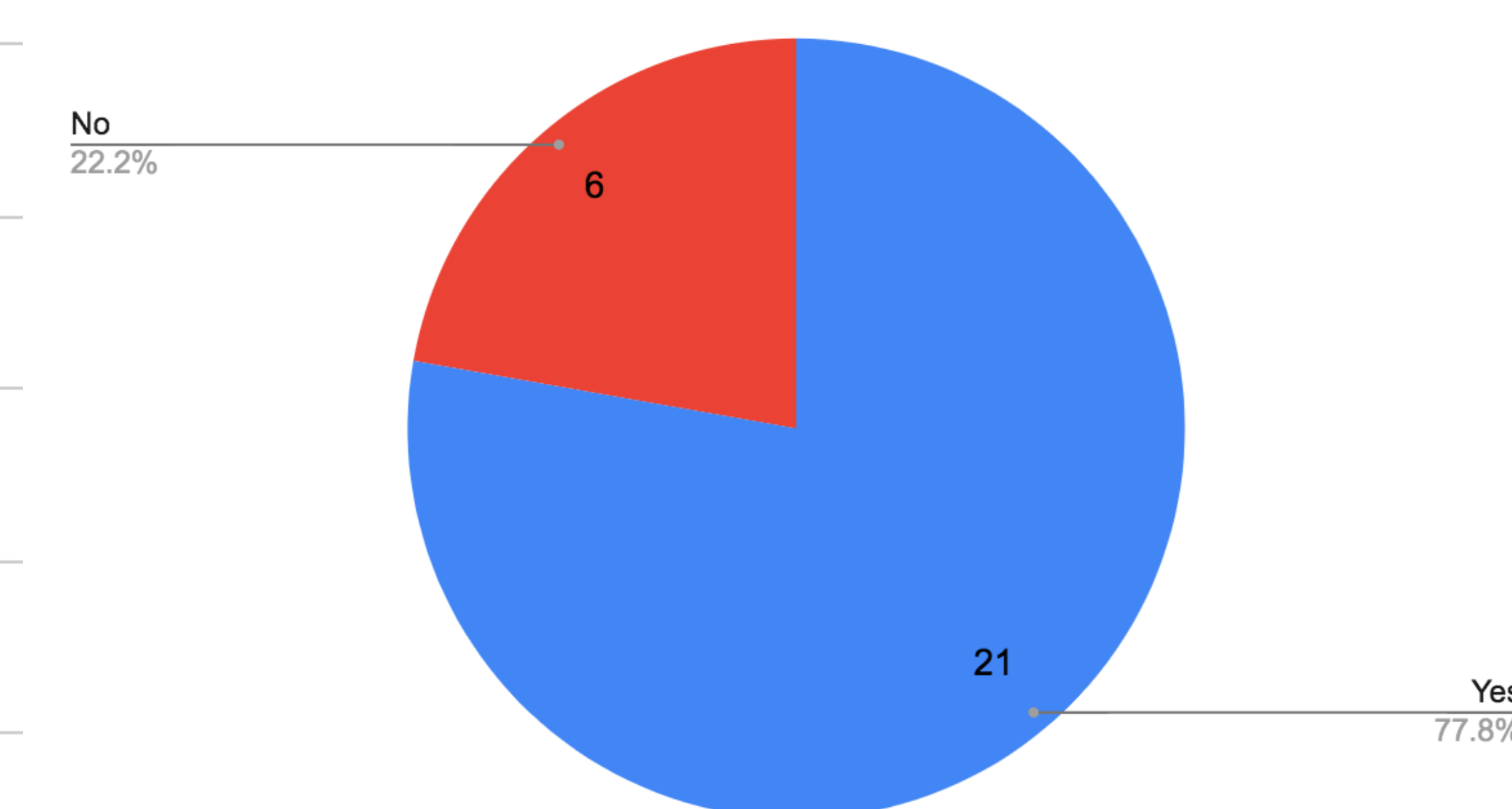


## Result Tables

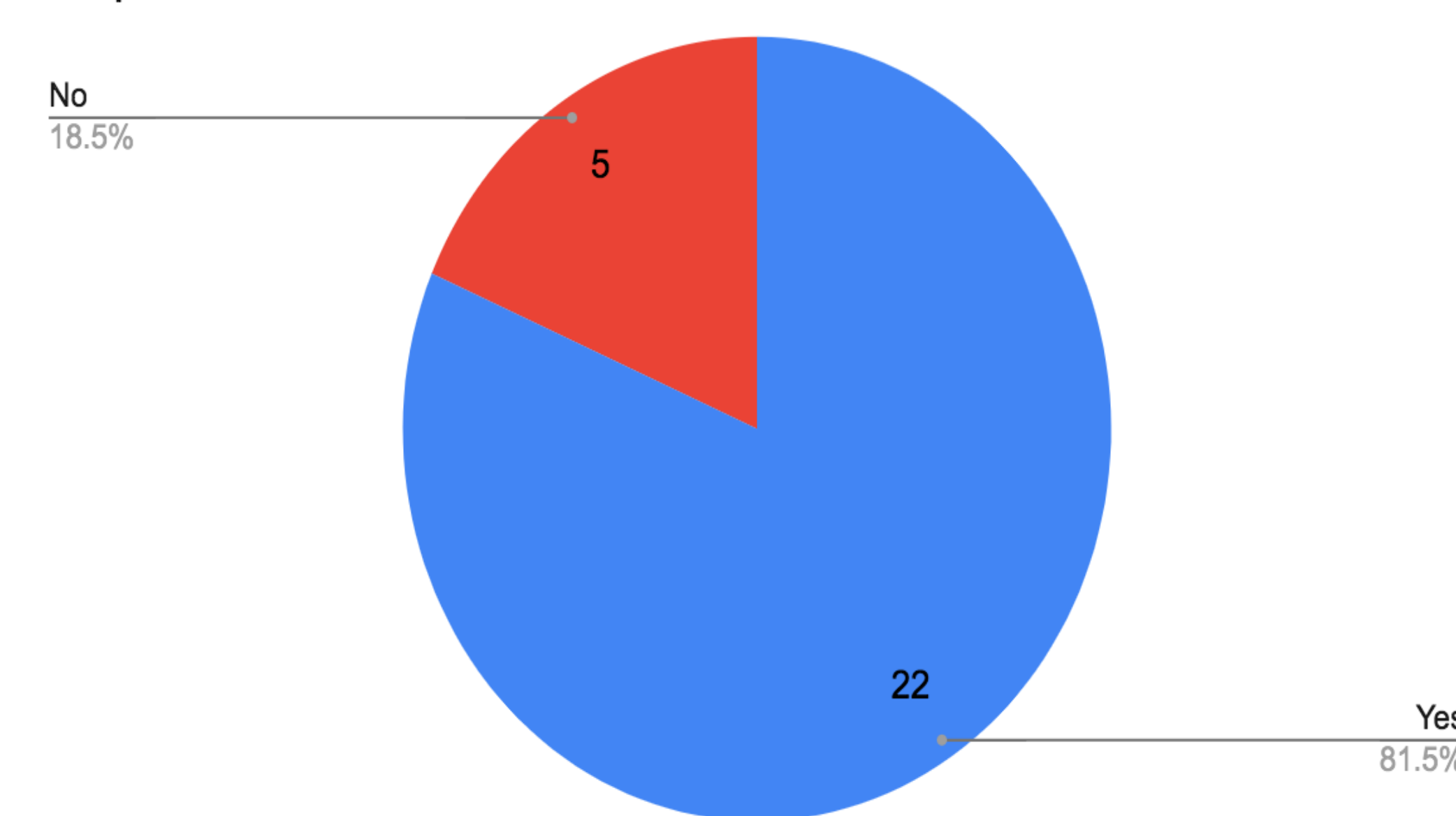
Sleep Deprivation Due to Academics



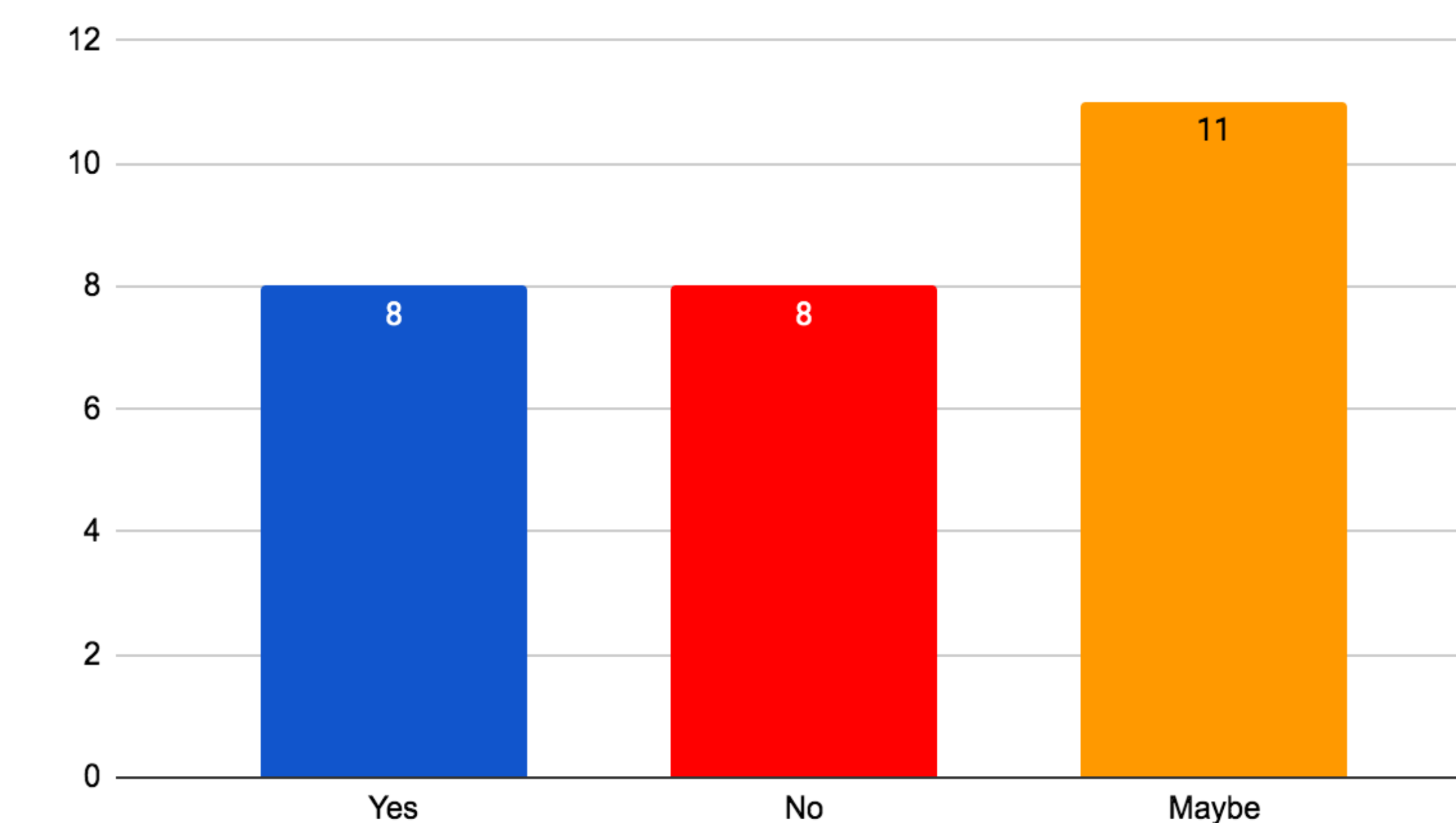
Involved in Extra-Curriculars



Noticeable Difference in Academic Performance when Sleep Deprived



Utilization of Sleeping Pods



## Conclusions

- Sleep deprivation impacts students at the collegiate level, thus influencing students lifestyle behaviors.
- Students are sleeping below the recommended hours of sleep.
- Academics play a significant role in student's sleep deprivation.
- Utilization of sleeping pods would be effective if it were privatized and sanitary.

## References

1. Hershner, S., & Chervin, R. (2014). Causes and consequences of sleepiness among college students. *Nature and Science of Sleep*, 73. doi: 10.2147/nss.s62907