

# Freshman Student Sleep vs. Academic Stress Levels

## An Empirical Report for ERAU

### Abstract

- ERAU does not have any form of sleep education or methods of awareness
- Freshmen students are susceptible to a cycle of sleep deprivation, academic underperformance, and stress
- Most people struggling with sleep deprivation are uneducated about the consequences

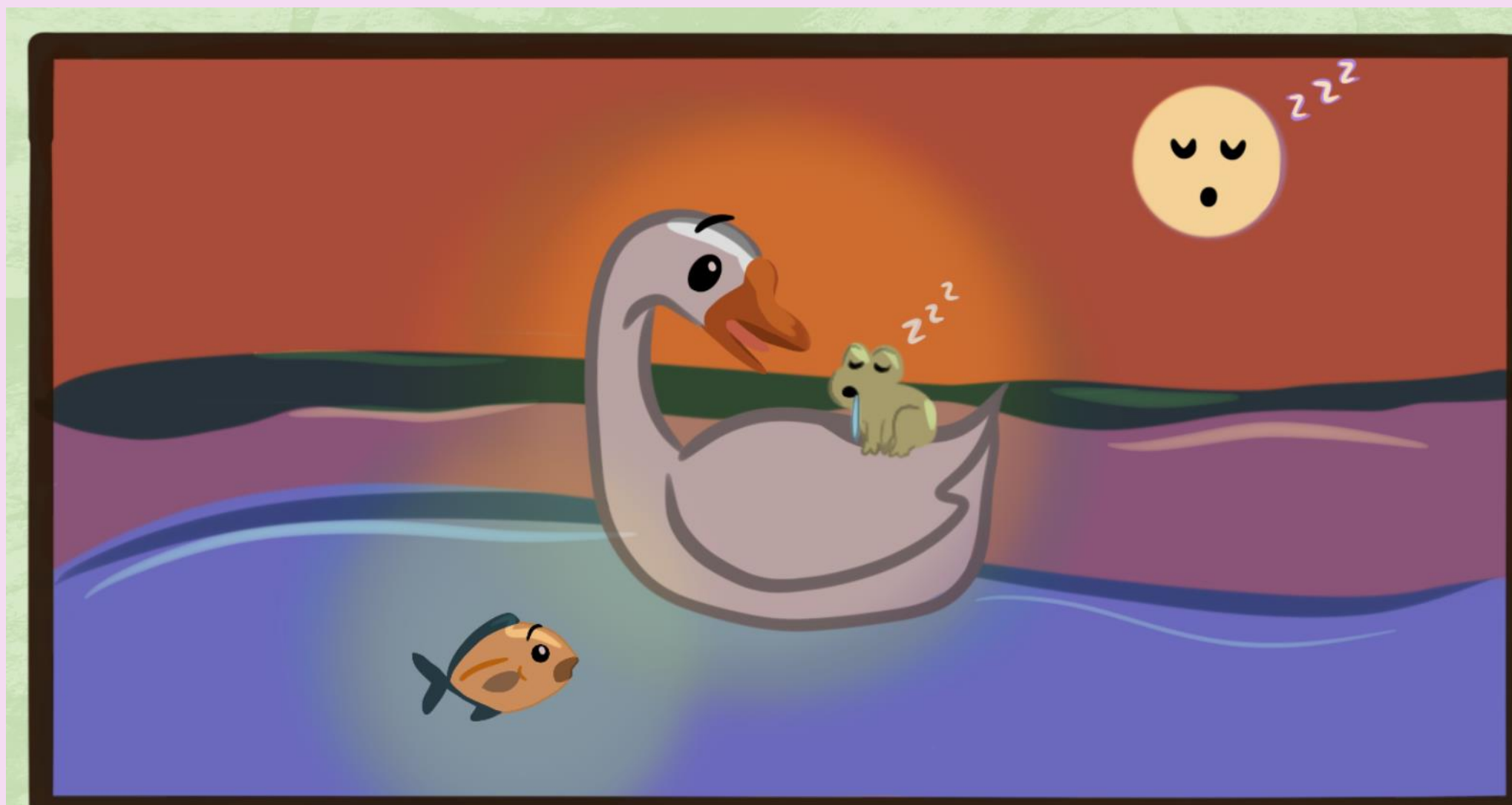
### Objective

- To evaluate the mental and physical burdens of sleep deprivation
- To analyze the levels of stress from sleep deprivation based on academic college in ERAU
- To make recommendations to the Office of Undergraduate Advising regarding sleep modules and intervention systems

### Methodology

- A poster (Figure 1) was given to Housing and Residence Life of ERAU
- Director of Operations in the UNIV-101 course passed the survey onto freshman students
- QR code recorded student data responses

**Figure 1. Survey Participation Poster**



**Toad is too tired for his evening commitments!**



Students who get less than 8 hours of sleep risk underperformance, leading to academic stress. This is a cycle I've seen in many fellow freshmen.

**I want to change this.**

My name is Julia Cortese and I am a freshman student writing an empirical report that will highlight the correlation between sleep deprivation and resulting academic stress. Part of my empirical report done for ERAU includes a survey from fellow freshmen that will supply me with the data behind my research. If you could take five minutes of your time and scan the QR code, you would be doing me a solid!

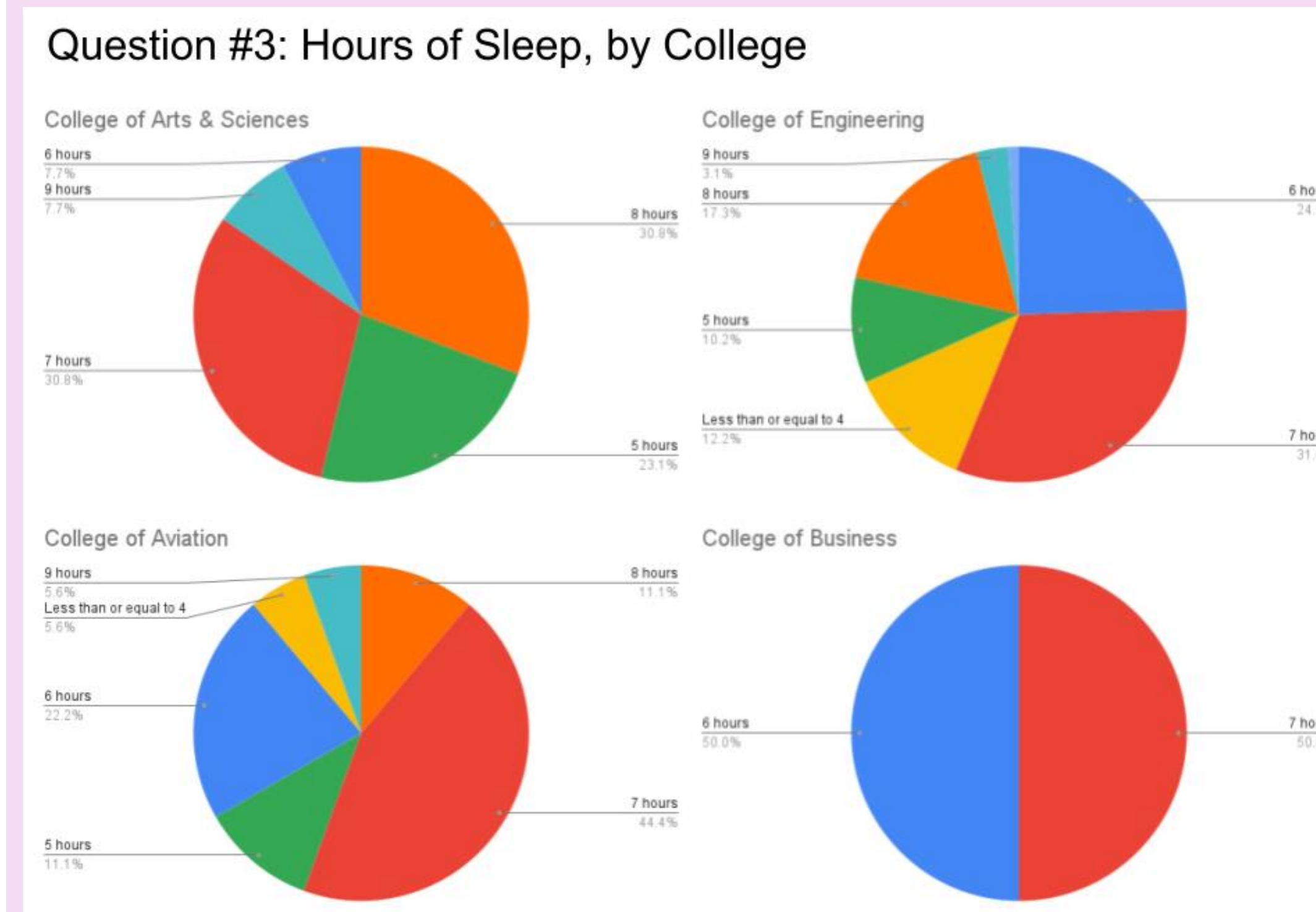


**Get some sleep tonight!**

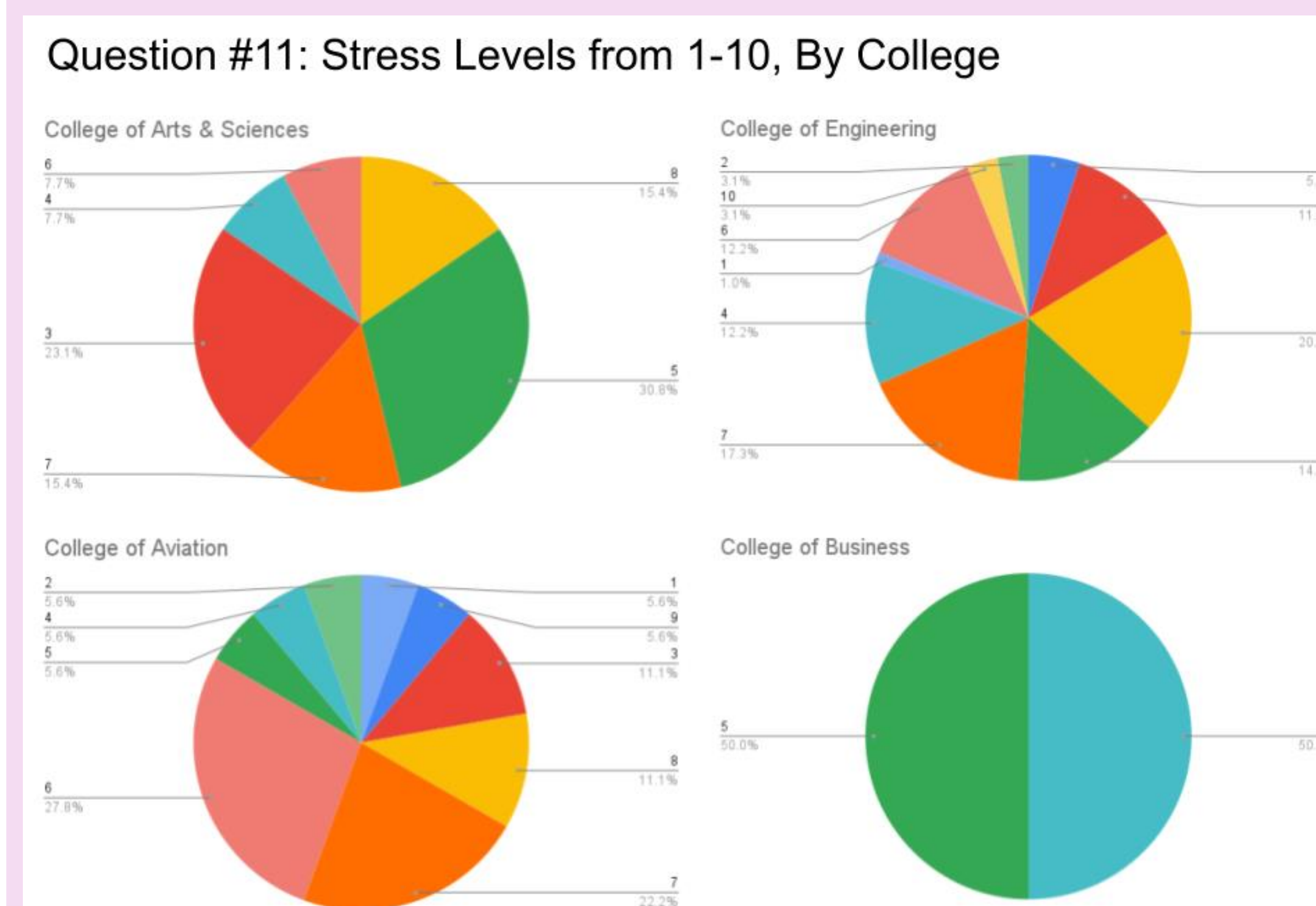
### Survey Figures

- 17.6% of participants sleep 8 hours, from CDC
- 18.3% of participants rank 8 out of 10 for stress

**Figure 2. Hours of Sleep Based on College**



**Figure 3. Stress Levels from 1 to 10, By College**



### Conclusion

- 78.6% of participants stay up past quiet hours to finish homework assignments
- 59.5% feel overwhelmed this semester
- The negative sleep cycle of sleep deprivation, underperformance, and academic stress can be applied to ERAU
- COE receives least sleep and is most stressed

### Recommendations

- Implement a UNIV-101 module regarding the education of sleep (67.2% want this)
- Establish a peer mentor-course participant intervention system
- Recruit the Student Government Association (SGA) to promote better sleep (51.1% want this)