

CHANGE MAKERS: CREATIVITY AND VALUE CREATION

(ADPA5002)

2022/2023
MAISIE
BISWELL



Content

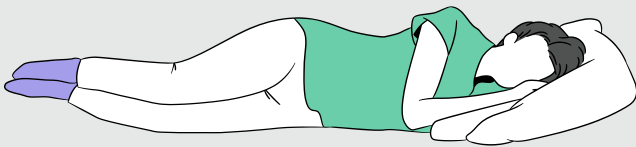
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Research Question

We're all aware that sleep is very important to our quality of life. However, there are many outside influences that can affect your sleep quality.

I want to research the quality of sleep a student would experience and record the affects it can have on student life and education

As a result, I want to come to a conclusion through research and results of my survey, as to some of the issues affecting students and possible solutions that could improve them.

What we already know

Sleep researchers recommend that you get an average of 7-9 hours of sleep per night; the average student gets less than 7 hours. Here are more staggering statistics about the sleep habits of college students:

- 68% of college students report that stress due to academics or personal issues keeps them from falling asleep at night.
- 20% of college students will pull at least one all-nighter per month.
- 35% of students report staying up until around 3 a.m. at least one night every week.
- 30% of female and 18% of male college students report suffering from insomnia at least once in the past 90 days
- Freshmen are 14% more likely to suffer bad grades due to sleep loss and drop a class.
- About 30-35 percent of college students in the United States nap, but napper typically sleep less overall than non-nappers.

Journal of Adolescent Health, 2009

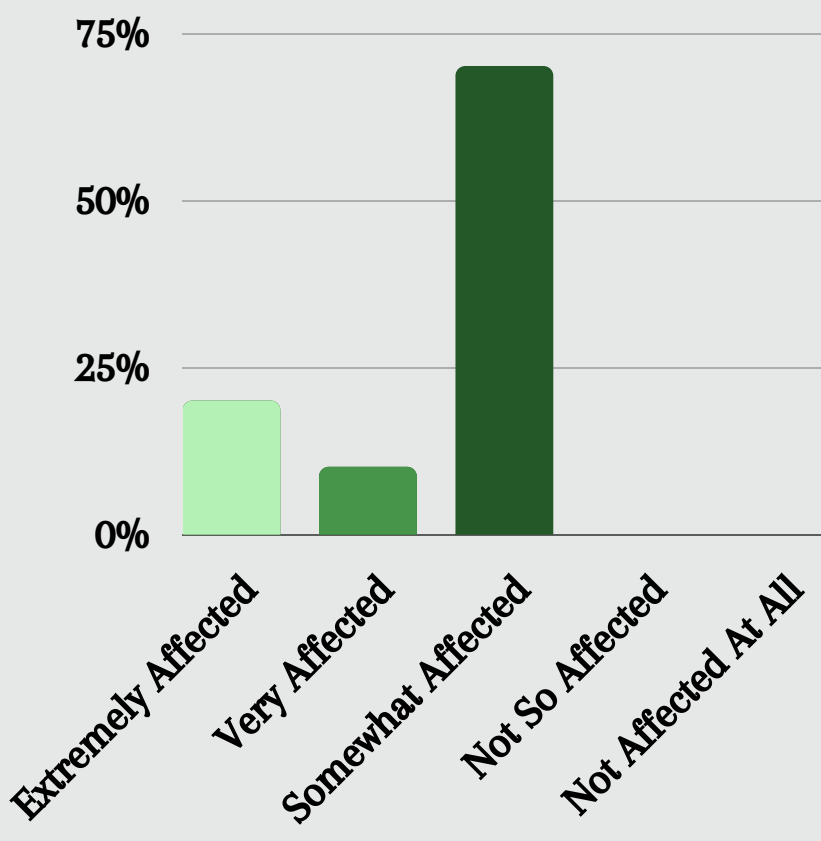
Sleep Health Journal, 2018

survey data

1. On a scale of 1 - 10 (10 being the best), how would you rate your quality of sleep?

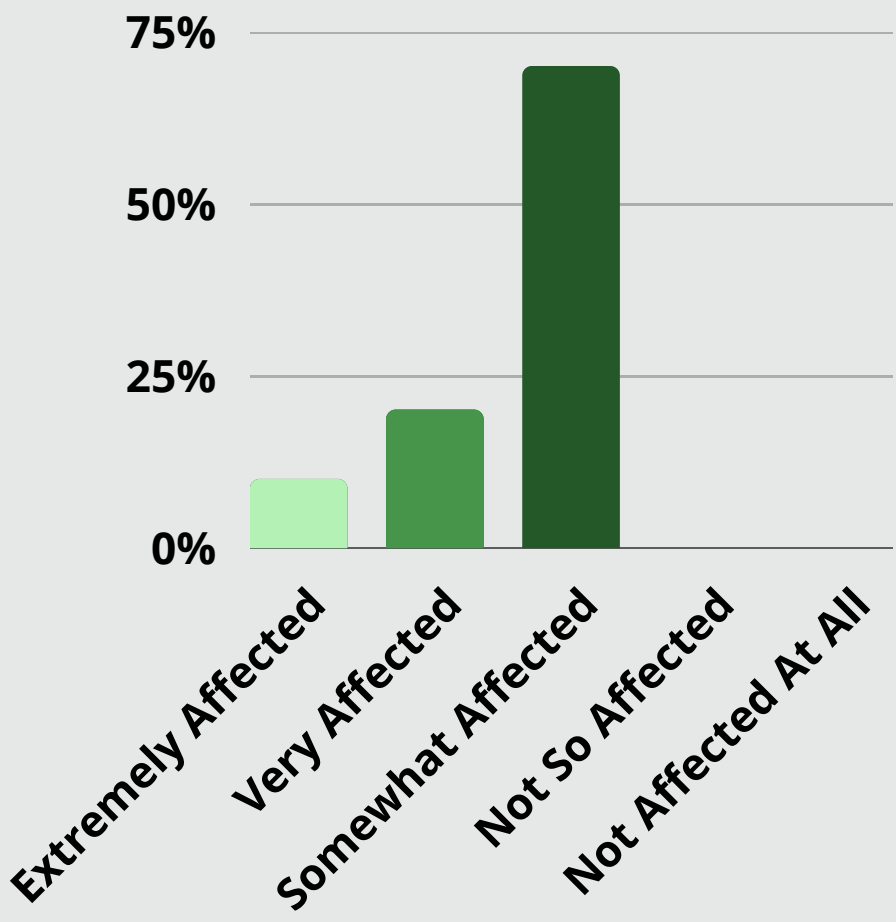
Average sleep score was 6.5 out of 10, just over halfway. This is not really the quality of sleep that you want, although I wasn't surprised. From experience talking to fellow students in the past, I expected a low score as there are usually complaints of poor sleep or lack of sleep. ★★ ★★ ★★ ★★ ★★ ★★ ★★ ★★ ★★

2. Considering a usual month at university, how has poor sleep quality affected your mood?



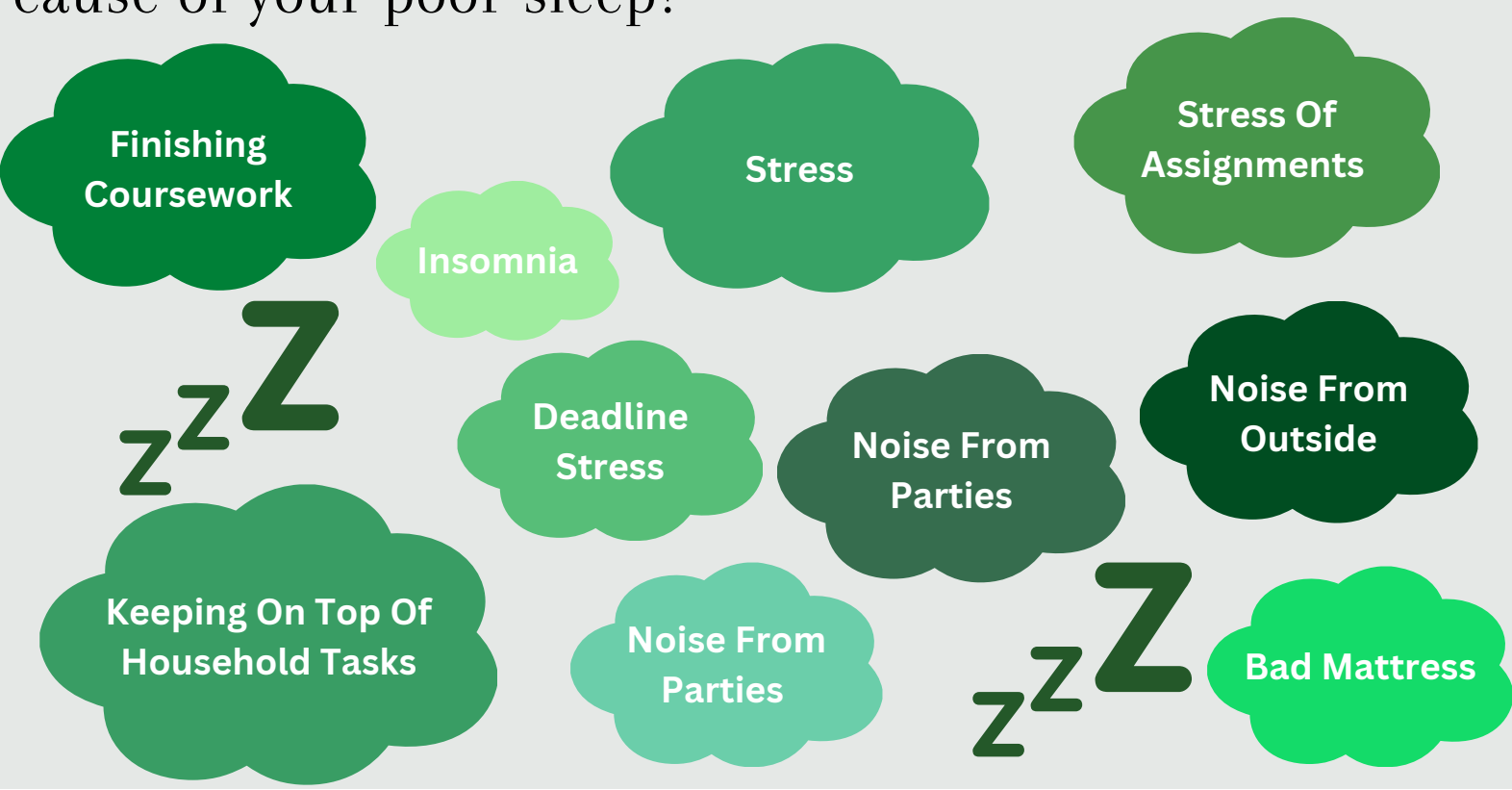
Answer Choies	Responses
Extremely Affected	20.00%
Very Affected	10.00%
Somewhat Affected	70.00%
Not So Affected	00.00%
Not Affected At All	00.00%

3. Considering a usual month at university, how much has your quality of sleep affected your productivity?

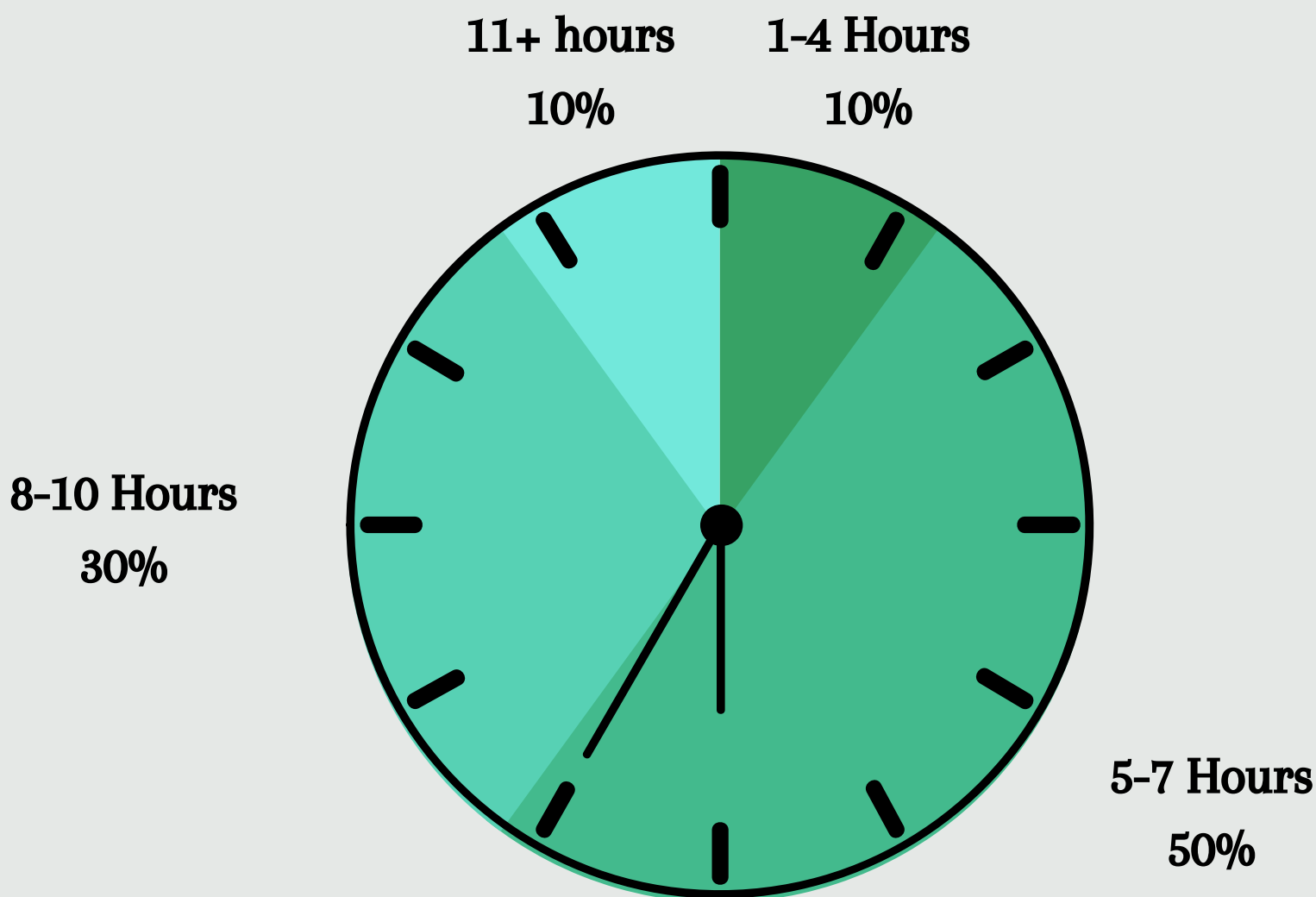


Answer Choies	Responses
Extremely Affected	10.00%
Very Affected	20.00%
Somewhat Affected	70.00%
Not So Affected	00.00%
Not Affected At All	00.00%

4. Considering a usual month at university, what is the cause of your poor sleep?



5. Considering a usual month at university, how many hours a day on average do you sleep?

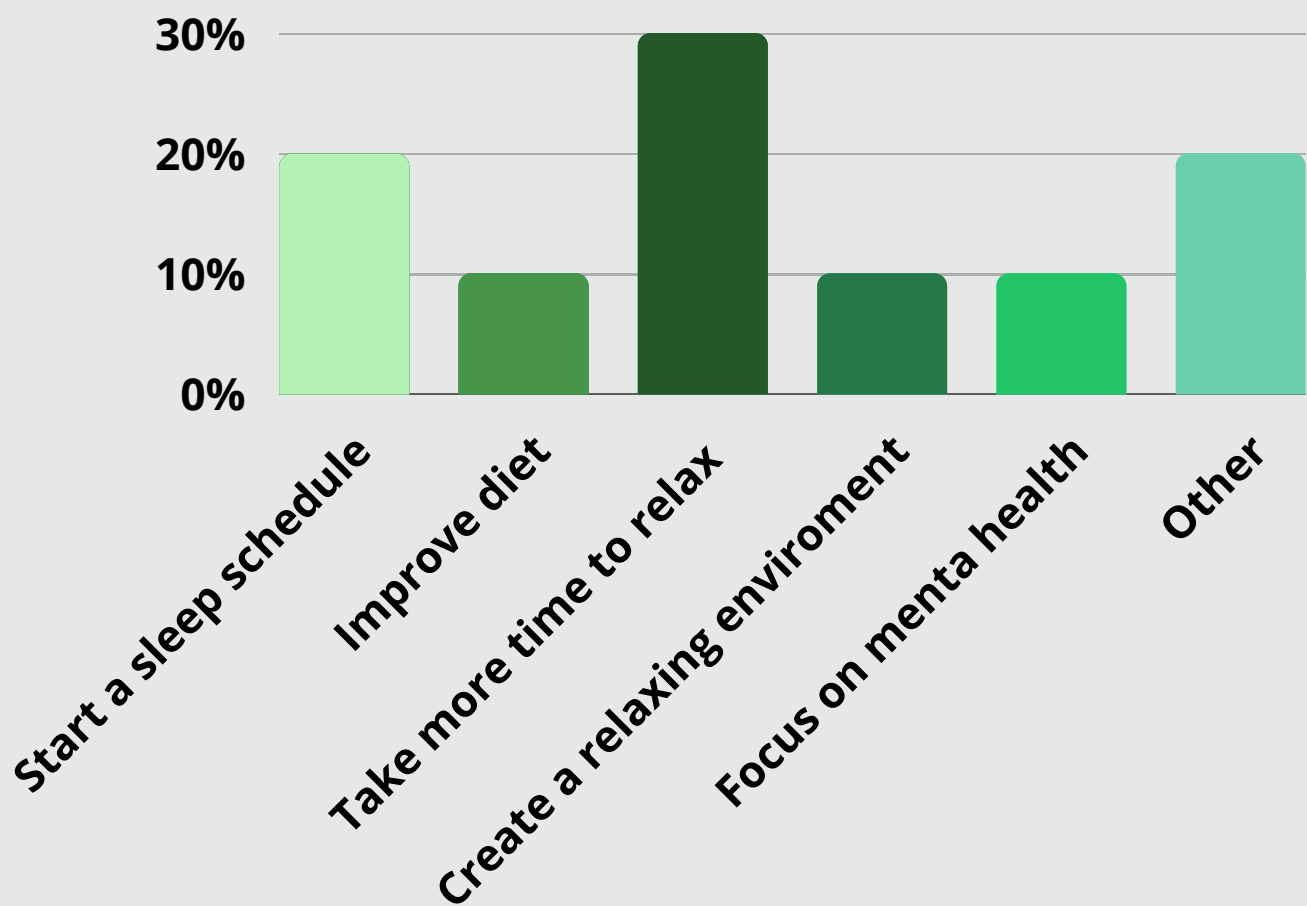


The most common answer with 50% was 5-7 hours of sleep. Although not terrible, the best response we could have expected for this question would be 8-10 hours.

'National Sleep Foundation guidelines advise that healthy adults need between 7 and 9 hours of sleep per night.'

(Sleep Foundation 2021)

6. What do you think could improve your quality of sleep over all?



Answer Choies	Responses
Start a sleep schedule	20.00%
Improve diet	10.00%
Take more time to relax	30.00%
create a relaxing enviroment	10.00%
Focus on mental health	10.00%
other	20.00%

Other Responses:

A bit of all of them

Taking more time to relax and focusing on my mental health

Data comparison and solution

It's clear from the data collected that lack of quality of sleep and sleep itself is a major problem within students, with majority of the issues being their surrounding.

60% of responses, when asked what caused lack of sleep, included stress. Although stress is to be expected to a certain degree, it becomes a problem when affecting quality of life.

Ironically, one of the main ways to combat stress is to get more sleep, however, this is easier said than done.

a couple of ways to help improve sleep include:

Setting a sleep schedule - This means going to sleep and waking up at the same time every day, essentially manually resetting your body clock.

White noise machine - 'A white noise machine uses sound to minimize ambient noise. That makes them useful when you're trying to fall asleep, but they also help block distracting sounds if you need to focus.' (Healthline 2021). This would reduce the noise from house parties, which was also mentioned as a reason for lack of sleep.

Reduced phone use - Not using your phone for 30 minutes to 1 hour before bed can drastically improve your sleep. Blue light from your phone restricts the production of melatonin, the hormone that controls your sleep-wake cycle, making it more difficult to fall asleep. if you really cant go without your phone the use of blue light glasses will also help block the light produced by your screen.

Clear environment - Having a clean and neat environment can improve sleep. Untidiness is linked to higher cortisol levels, which can affect your ability to sleep.

Just these small changed ch=an help to begin to improve your sleep and as a result yout quality of life



References

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