



YOU CAN PLAY A ROLE

- Have online assignments due earlier in the day. Assignments due at midnight cause students to stay up late which can interfere with going to sleep earlier.
- Sleepiness is often circumstance-dependent, with many aspects of the students' learning environment worsening sleepiness. Try to keep your classroom bright and engaging to keep students awake.
- Encourage students to seek resources if experiencing sleep problems.
- Include sleep topics into your course readings and use teachable moments.
- Offer extra credit to students who participate in the Sleepin' Deacon Challenge.
- Offer the Epworth Sleepiness Scale in class to bring awareness to students.

RESOURCES

On- Campus

- Office of Wellbeing
- WFU Counseling Center
- Student Health Service
- Learning Assistance Center

Off- Campus

- AASM- American Academy of Sleep Medicine
- National Sleep Foundation
- The Better Sleep Council
- CDC- Sleep and Sleep Disorders
- Mayo Clinic



FOR MORE INFORMATION CONTACT US

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WFU FACULTY AND STAFF TOOLKIT

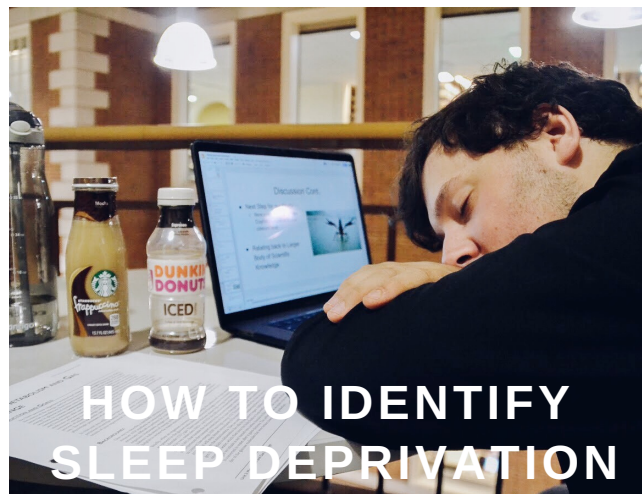
2019

SLEEP: AN INCREASING EPIDEMIC AMONG COLLEGE STUDENTS



THINGS YOU SHOULD KNOW ABOUT SLEEP

- Sleepiness and poor sleep quality are frequent among college students, affecting their academic performance and day to day activity.
- Students rank sleep problems second only to stress in factors that negatively affect their academic performance.
- Students who are long sleepers(≥ 9 hours) had higher GPAs than short sleepers(≤ 6 hours): GPAs were 3.24 vs 2.74 on average.
- Daytime sleepiness, sleep deprivation, and irregular sleep schedules are exceedingly prevalent among college students, as 50% report daytime sleepiness and 70% attain insufficient sleep.
- Research shows 27% of students may be at risk for at least one sleep disorder.
- College students with medical-related majors are more likely to have poorer quality of sleep in comparison to students in a humanities major.
- College is a critical time to build lifelong health behaviors, developing proper sleep hygiene is essential during this time.



Use the GAPP acronym to help you identify if a student is showing signs of sleep deprivation

G- Grades: Have grades/scores on assignments and exams decreased over time?

A- Attendance: Is the student frequently late to class, absent, or sick?

P- Physical: Does the students' appearance look dull and tired? Do you observe low energy and lethargy?

P- Participation: Does the student sleep in class, seem distracted, less involved, have poor decision making, unable to focus, or poor memory?



SLEEPIN' DEACON

Here at WFU, the Office of Wellbeing cares about the sleep of our community. Sleepin' Deacon is an initiative offered every spring in February to students, faculty, and staff. The goal of Sleepin' Deacon is to educate the Wake Forest community about sleep hygiene and the influence of sleep on overall wellbeing.

Join the Sleepin' Deacon Challenge! This two-week challenge will increase conversations on campus about sleep, alter the community's sleep patterns, and influence individuals' sleep practices. Find out more at thrive@wfu.edu



SLEEPIN' DEACON