Note how the sleep schedule you reported differs from the sleep schedule recommended for your circadian preference. Irregular sleep schedules are linked to decreased academic performance, increased stress, and more illness. Going to bed and waking up at approximately the same time (within an hour) every night, even on the weekends, helps you fall asleep faster, stay asleep through the night, and wake up feeling more refreshed.

TOTAL SLEEP TIME
Most college students need between 8 and 9 hours of sleep a night to feel fully rested. Needing an alarm to wake up is a sign that you’re not getting enough sleep.

Last week, you reported getting 7 hours, 53 minutes of sleep on average, 93% of recommended daily amount.

Your Average Sleep

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YOUR REPORTED SLEEP  RECOMMENDED AVERAGE SLEEP

EXCESSIVE SLEEPINESS
Feeling sleepy throughout the day is a sign of sleep deprivation. If you experience excessive sleepiness, please review these results to see what changes you can make to improve your sleep.

YOU REPORTED:
- Dangerous behaviors like drowsy driving
- Falling asleep at the wheel
- Feeling tired or sleepy during the day

Your Sleepiness

MILD  MODERATE  EXCESSIVE

YOUR REPORTED SLEEPINESS
### PHYSIOLOGICAL

Approximately 10% of college students have physiological impediments to their sleep. If you feel like your sleep is not restorative and/or if you have any concerns, please discuss this with a healthcare provider.

**YOU REPORTED experiencing the following at least once a week:**
- Snoring and/or gasping or stopping breathing during sleep
- Waking up with headaches, dry mouth, and/or a sore throat
- Hearing, seeing, or feeling things that may not be real as I’m falling asleep or waking up

**RECOMMENDATIONS:**
- These are concerns you may want to discuss with a healthcare provider.

### PSYCHOLOGICAL

Stress and sleep deprivation go hand in hand. Poor moods can disrupt sleep, and insufficient and non-restorative sleep can lead to feelings of depression, irritability, and anxiety.

**YOU REPORTED experiencing the following at least once a week:**
- Feeling tired/lacking enthusiasm even when I am getting enough sleep
- Staying up later than I plan to get things done

**RECOMMENDATIONS:**
- Please check with your university about on campus resources to help you manage your stressors and emotional wellbeing. These are concerns you might also want to discuss with a healthcare provider.

### SLEEP BEHAVIORS

Of all the impediments to sleep, sleep behaviors are the easiest to address! Simple changes, like doing a ‘digital detox’ at least a half an hour before bed to power down your electronics, can have profound effects on your sleep quality.

**YOU REPORTED experiencing the following at least once a week:**
- Using electronics 30 minutes before going to sleep
- Not silencing my phone during sleep

**RECOMMENDATIONS:**
- Your sleeping environment should be kept as dark as possible. Light from windows and electronics interferes with your brain’s ability to fall and stay asleep. A healthcare provider can answer questions about ways caffeine, alcohol, medications and other drugs impact sleep.

### CONCLUSION

Thank you for taking the College Sleep Questionnaire. Incorporating the recommendations above will assist you in achieving healthy restorative sleep. Reach out to a clinician and other on campus resources if you have further questions on how better sleep can positively impact your life.

**WE CARE ABOUT YOU!**

If you have concerns about physiological impediments to sleep, call Student Health Services at (858) 534-8089 to make an appointment with a healthcare provider. Remember to bring this personalized feedback report.

**Counseling and Psychological Services (CAPS) is also here to help you address any concerns you have about sleep. To schedule an appointment with a CAPS provider, call (858) 534-3755. CAPS also provides mediation and relaxation podcasts. Visit: caps.ucsd.edu/download.html- then click on iRelax Audio.**