

Sleep Survey

60 Respondents

54 Completed

Demographics

77% Female

22% Male

2% Other

39% 18-22 y/o

21% 23-24

39% 25+

Item Responses

29% report rarely or never getting enough sleep.

50% describe the quality of their sleep as good or excellent.

When asked about the barriers that keep them from getting a good night of sleep:

70% indicate Stress

54% indicate Homework

41% indicate Anxiety

41% report they get the most quality sleep on Saturday (24% Sunday)

61% reported they would likely attend a free sleep workshop.

Wed (39%) & Thurs (39%) were the most popular days for attending a workshop.

Night 7-9 (36%) & Evening 4-6 (30%) were the most popular times for attending a workshop.

When asked what would prevent them from attending a free sleep workshop, 72% reported work, 65% reported classes/schedule, 46% reported homework and 33% reported family obligations. 11% denied interest in attending such a workshop at present.