

Sleep in Young Adults

By Erin Smith

The transition from adolescence to adulthood is associated with sleep deprivation



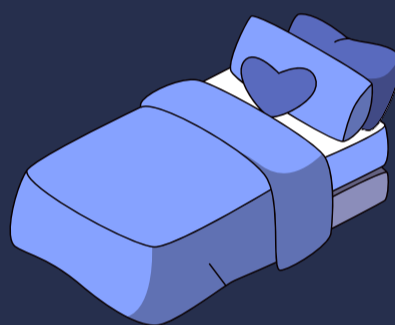
60% of college students experience daytime sleepiness

70.6% of students are sleep deprived (less than 8 hours of sleep)

Sleep deprivation is obtaining insufficient sleep to support daytime alertness

82% of students believe that their sleep impacts their educational performance

Sleepiness is the inability and difficulty to maintain alertness during the wake periods of the day

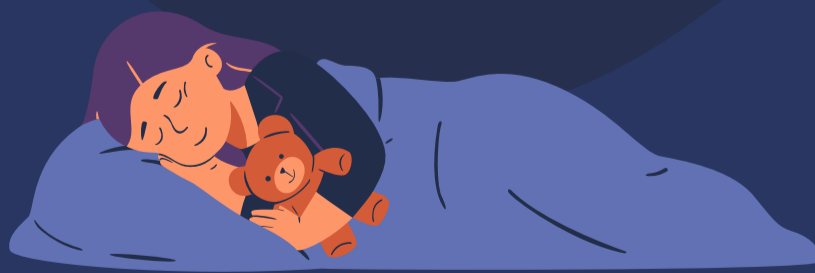


High school and college students have 1 to 3 hours of sleep deprivation on weeknights

Lack of sleep has negative effects on learning, memory, and performance

Sleep deprivation also affects mood, driving, and learning

Factors that influence sleep include alcohol, schedule (classes, extracurriculars, socialization), sleep disorders, mental health, stress, technology, caffeine/energy drinks, and poor sleep habits.



Source: Hershner, S. D., & Chervin, R. D. (2014). Causes and consequences of sleepiness among college students. *Nature and science of sleep*, 6, 73-84. <https://doi.org/10.2147/NSS.S62907>



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