2015 SLEEP WELL New Initiative

87 students reported well rested within the first year
7-9 hrs. of sleep a night recommended by National Sleep Foundation
6.7 average hrs. of sleep per weeknight as reported by Penn students
14% of Penn students reported feeling well rested in the morning

Results from Penn's 2014 NCHA II survey show that low sleep quality negatively impacts students' academic performance more than low sleep quantity.

quality > quantity

I think it's very important to stress that even if we pull all-nighters, our quality of work and life goes down. I am guilty of not sleeping enough this week...  

-Penn student who attended a Sleep Well Workshop

Of students who reported lack of sleep having a negative impact on their academic performance...

90% UNDERGRAD
45% GRAD
82% 3 or more days out of the week
43% 3 or more days out of the week

STUDENTS reported feeling tired throughout 3 or more days out of the week
STUDENTS reported having a difficult time falling asleep or getting up on most days out of the week

EDUCATION
THE SLEEP WELL PROGRAM offers
Sleep Jeopardy - workshop on the Art of Sleep.

STATISTICS
UNDERGRADUATE MALES report receiving the least amount of sleep on an average weeknight at 6.6 hours of sleep, compared to: undergraduate females - 6.6h; graduate females - 6.8h; graduate males - 6.8h

DID YOU KNOW?
SHORT NAPS (20-30 minutes) are recommended over naps longer than 30 minutes to improve alertness and performance, without leaving you feeling groggy or interfering with nighttime sleep.

LACK OF SLEEP COMPARED TO DEPRESSION
16.8% of students reported sleep difficulties as a factor that negatively impacted their academic performance.
1.4% of students reported depression as a negative impact.

for more info visit: http://www.vpl.upenn.edu/shs/campushealth/SleepWell.php