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Sleep Habits Around The World

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Abstract

Sleep habits in college students were examined using the Pittsburgh Sleep Quality Index (PSQI) to determine a) time they go to bed, b) time they wake up, and c) amount they slept at night. 324 Clemson participants and 292 Vienna participants from undergraduate psychology courses were asked to complete surveys regarding their sleep quality (PSQI). An independent sample t-test showed a significant difference in both the average times Clemson and Vienna students went to bed ($p < .005$) and woke up ($p < .001$) as well as in the average total hours they slept at night ($p < .001$). Our data suggest that Clemson students went to bed later, woke up earlier, and slept less on average than Vienna students.

Introduction

- Sleep duration and sleep quality may be associated with normal daytime functions:
 - physical health (well-being and sleepiness),
 - mental health (mood and confidence), and
 - academic performance (class grades and level of effort) ⁽²⁾
- Common factors affecting sleep quality and quantity in college students include interpersonal relationships, living situation, and physical and mental conditions. ⁽³⁾
- College students have more sleep problems than the general public due to increased stress, anxiety, and tension. ⁽¹⁾

Purpose

The purpose of this study is to examine sleep habits in college students at Clemson University (CU) and at The University of Vienna (VIE) in Vienna, Austria.

Methods

- 324 Clemson participants and 292 Vienna participants were recruited from undergraduate psychology courses.
 - CU participants: 196 Female, 128 Male, Age range: 18-34
 - VIE participants: 237 Female, 55 Male, Age range: 18-30
- Students were asked to fill out the PSQI, a measurement of sleep quality, concerning time they went to bed, woke up in the morning, and total time slept at night.
- An independent sample t-test was used to compare average bed time, b) wake up time, and c) sleep duration in the Clemson and Vienna samples.

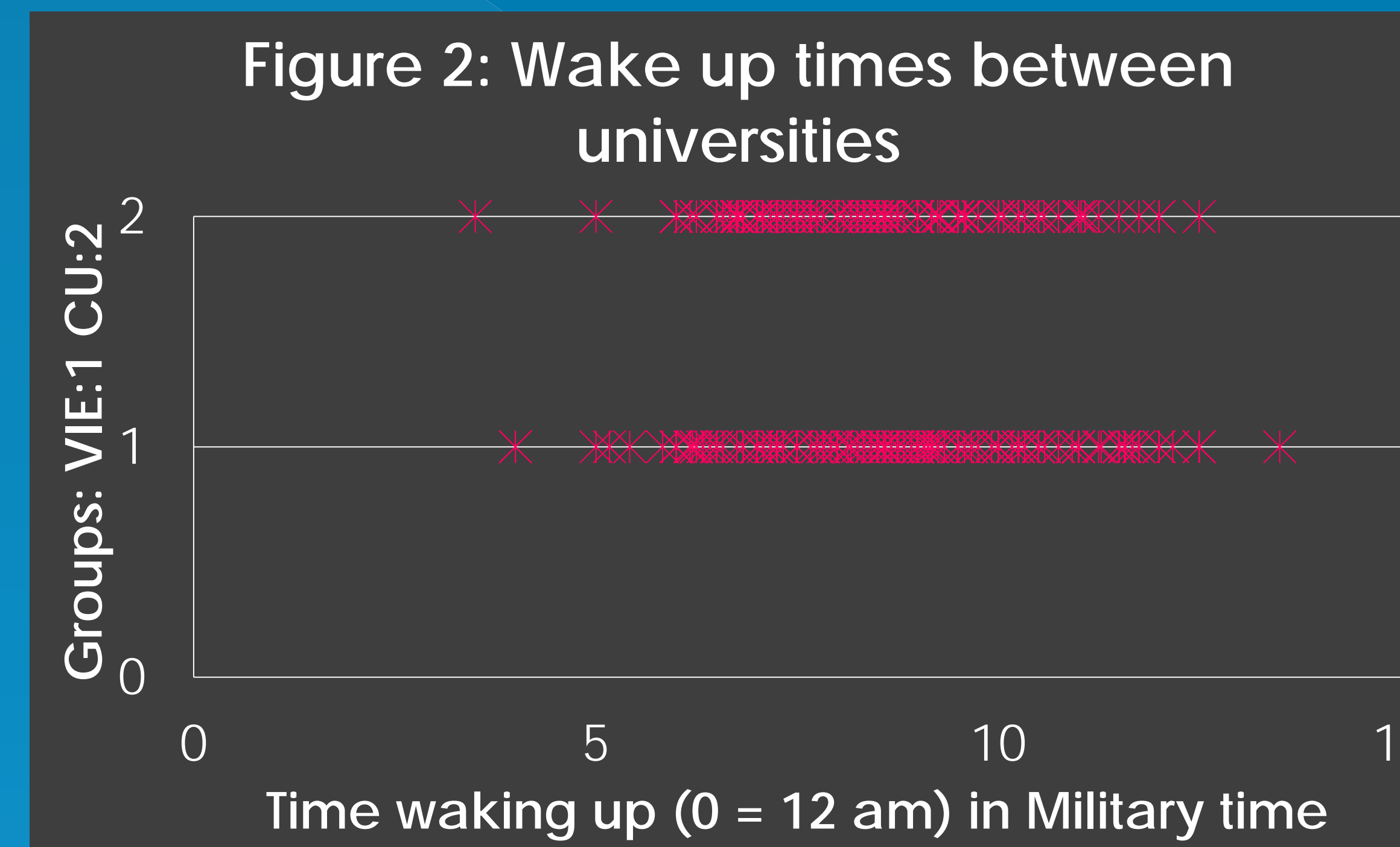
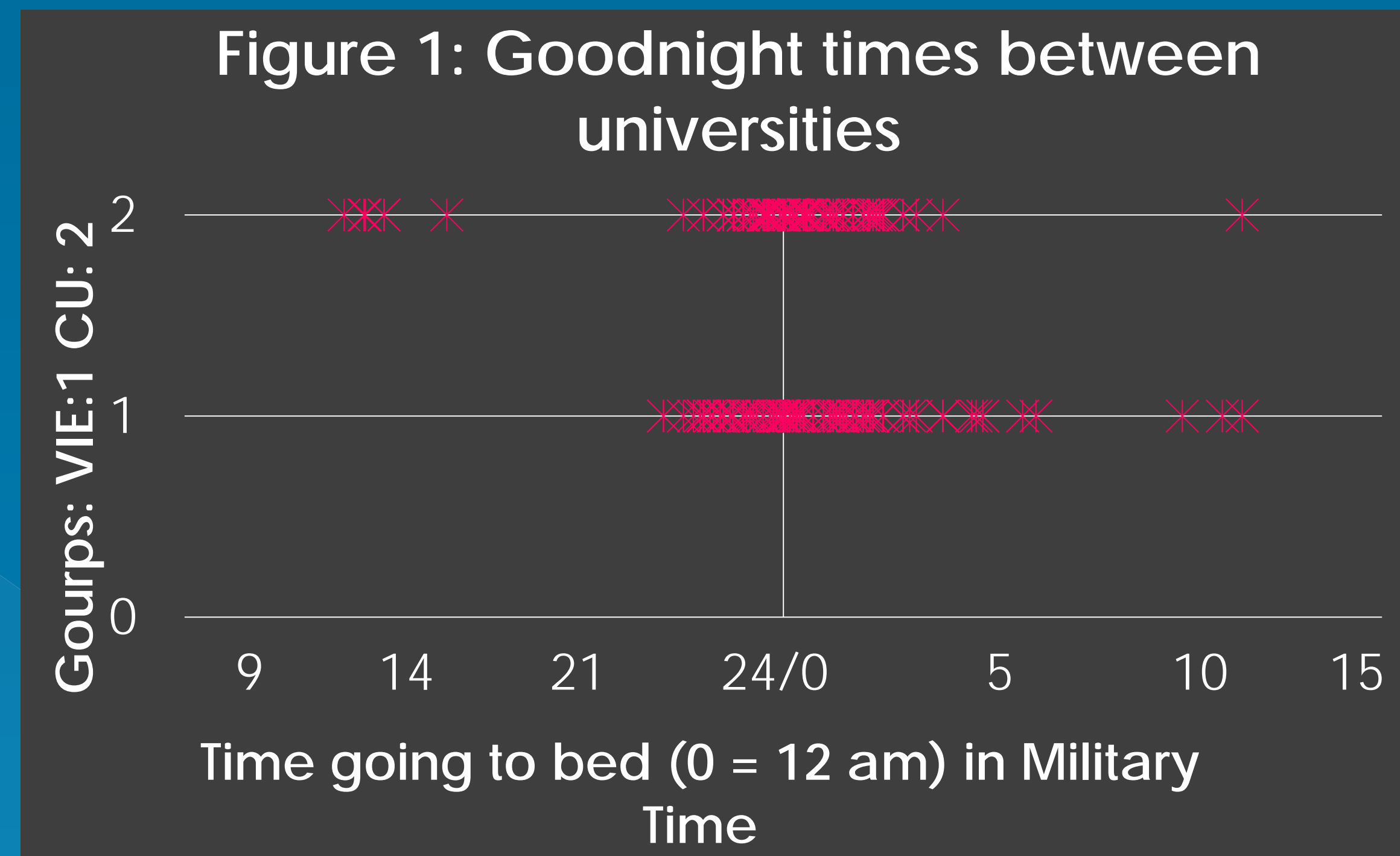
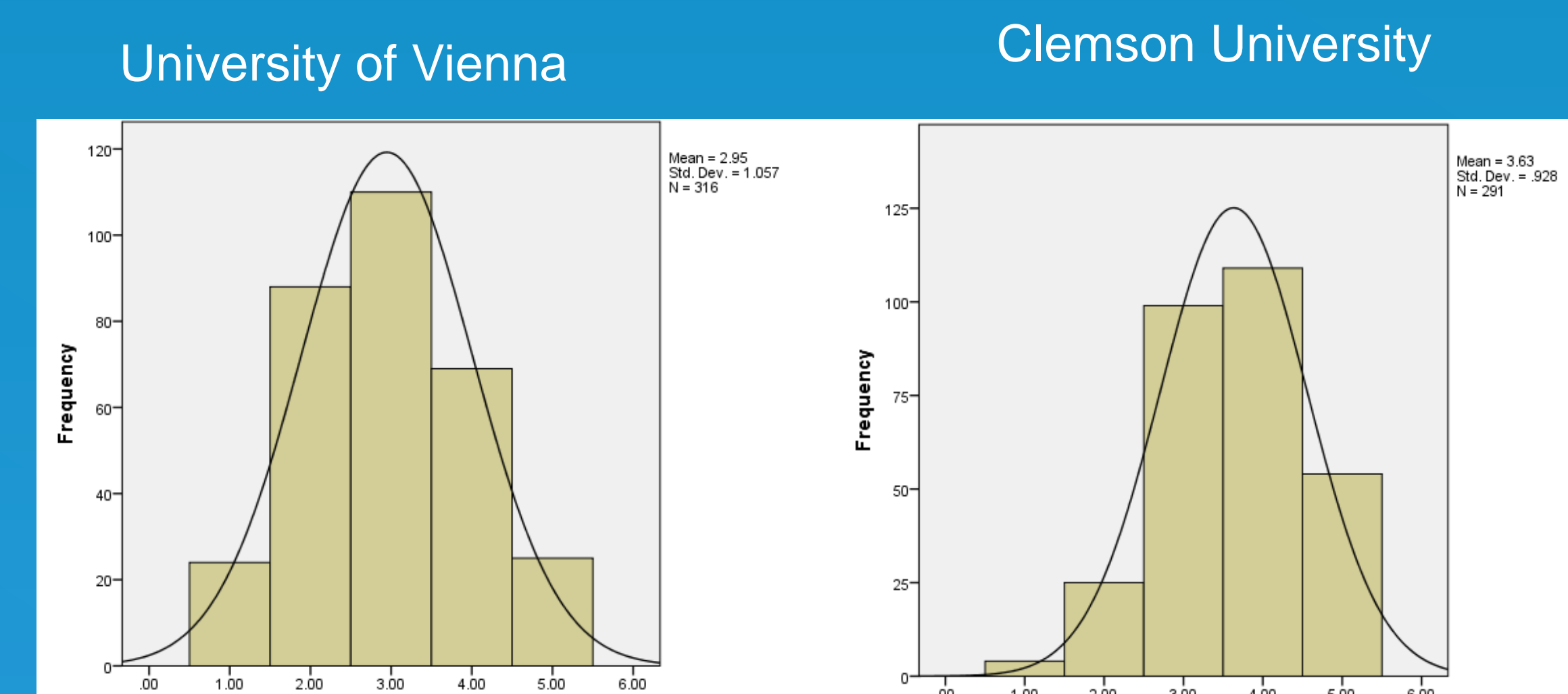


Figure 3: Normality curve of sleep length between universities



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Results

- Students at Clemson University had significantly later bed times than students at the University of Vienna. ($t(614) = 2.859, p < .005$) Figure 1
 - CU: $M = 12:36$ AM, $S.D. = 1.039$, VIE: $M = 12:17$ AM, $S.D. = 1.533$
- Students at Clemson University woke up significantly earlier than students at the University of Vienna. ($t(614) = 3.814, p < .001$) Figure 2
 - CU: $M = 8:21$ AM, $S.D. = 1.287$, VIE: $M = 8:48$ AM, $S.D. = 1.61$
- Students at Clemson University slept significantly less than students at the University of Vienna ($t(614) = 8.567, p < .001$) Figure 3
 - CU: $M = 7$ hours and 8 min, $S.D. = 1.082$, VIE: $M = 7$ hours and 50 min, $S.D. = .923$

Conclusions

- Overall, students attending the University of Vienna tend to have better sleep habits than Clemson students.
 - Participants from Clemson University went to bed later, woke up earlier, and slept less at night than the students at the University of Vienna.
 - The bed times and wake up times of the participants at the University of Vienna varied more than the participants from Clemson University.
- Both universities are located in drastically different environments:
 - Clemson University: rural, college-town atmosphere
 - University of Vienna: urban, city life atmosphere
- The differences in campus environment and college life between Clemson University and the University of Vienna may be a contributing factor to the differences in sleep habits.

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