



60 Second HWS JustFACTS Surveys

The *60 Second JustFACTS Surveys* are anonymous surveys designed by the JustFACTS team that ask 5-6 short questions on a topic of interest to the HWS community. Survey invitations are delivered by electronic mail to every student on campus or a specified subpopulation. Data collection lasts for approximately 5 days. The web based survey is designed to work on smart phones or on a computer with a web browser.

- **Spring 2013 survey on SLEEP**

- 311 respondents (April 26-30, 2013)

1. How many hours of sleep do you typically get a night?

5 or fewer hours 6 hours 7 hours 8 hours 9 or more hours

2. How many hours of sleep do you think HWS students typically get a night?

5 or fewer hours 6 hours 7 hours 8 hours 9 or more hours

3. How many times have you stayed up all night studying this term?

Never Once Twice 3 or more times

4. How often do you think you get enough sleep?

Always Most of the time Sometimes Rarely Never

5. On occasions when you get less sleep than usual, do you think it negatively affects your learning capacity the next day?

Yes Unsure No Not applicable, I always sleep the same amount of hours

Selected Results

- The majority (**59%**) of HWS typically get **7 or more** hours of sleep a night.
- The majority (**59%**) of HWS students have **NEVER** stayed up all night studying this term.
- The majority (**80%**) of HWS students say that when they get less sleep than usual, it negatively affects their learning capacity the next day.