



## Aggie Wellbeing Assessment Sleep

The Wellbeing Improvement Survey for Higher Education Settings (WISHES) has been administered to the Texas A&M University student body in College Station since the 2021-2022 academic year. Texas A&M University surveyed the student body to better understand students' overall well-being, intermediate outcomes, educational outcomes, and student experiences that influence wellbeing. The survey covered topics such as overall health, psychological distress, suffering or struggling, flourishing, belonging at Texas A&M, resilience, binge drinking, health and academic risks, engagement in extracurricular activities, having a friend, mentor, or professor who makes them excited about learning and cares for them. The WISHES survey is administered in October, November, February, March, and April of each academic year. In the 2021-2022 academic year, the survey was also administered in September to students living on campus. However, the March and April surveys scheduled for spring 2023 were not administered. Since the 2021-2022 academic year, 20,360 students responded to at least one question, yielding an overall response rate of 12%. This report focuses on students' sleep.

Figure 1 displays the percentage of students who said they had enough sleep (in the past two weeks) that they woke up feeling well rested. Male respondents reported feeling well rested more than the female respondents. Additionally, International students reported feeling well rested more often than other ethnic groups. Graduate students were also more likely to report being well rested compared to undergraduate students.

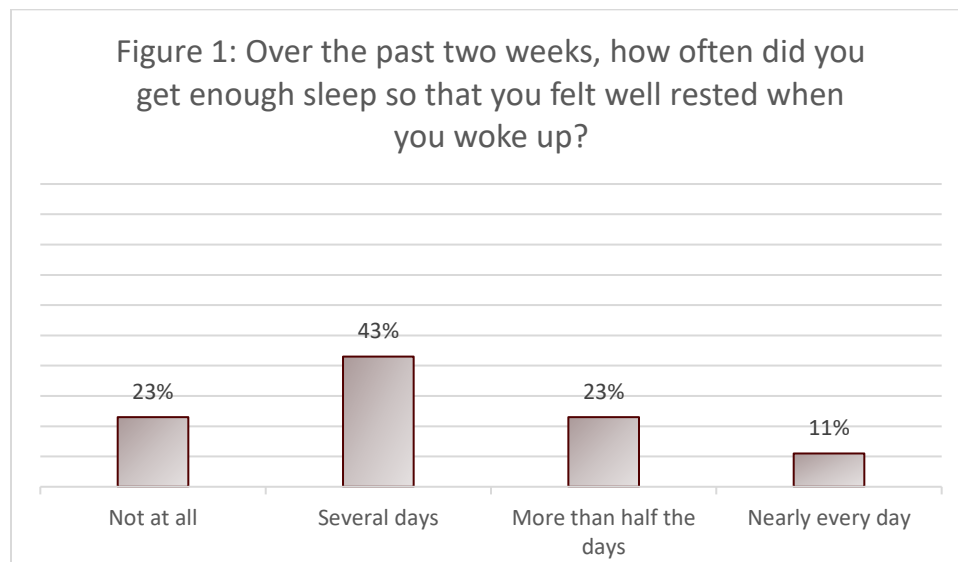


Figure 2, on the next page, illustrates that more than three-fourths of students felt tired, dragged out, or sleepy during the day for at least several days in the last two weeks. Students in the Colleges of Veterinary Medicine and Pharmacy felt this less often than other students, such as those in General Studies, Medicine, and Nursing. Graduate and first-year undergraduate students felt tired, dragged out, or sleepy more often than all other classifications in the past two weeks.



Figure 2: Over the past 2 weeks, how often did you feel tired, dragged out, or sleepy during the day?

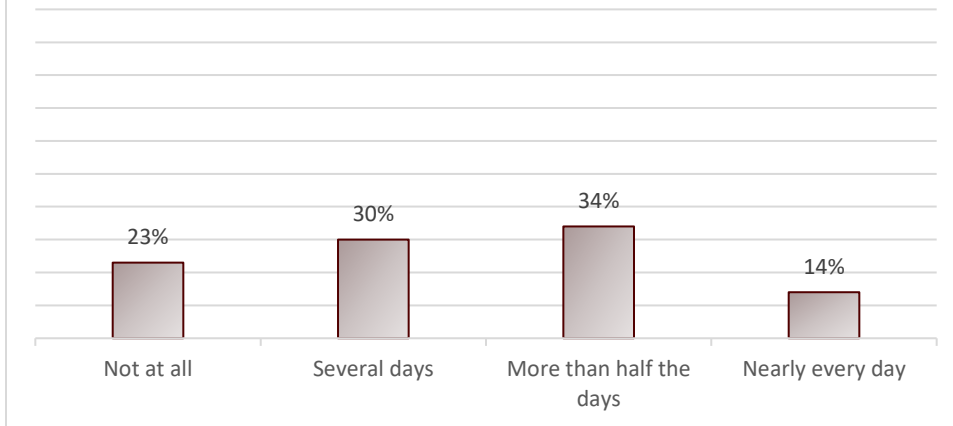
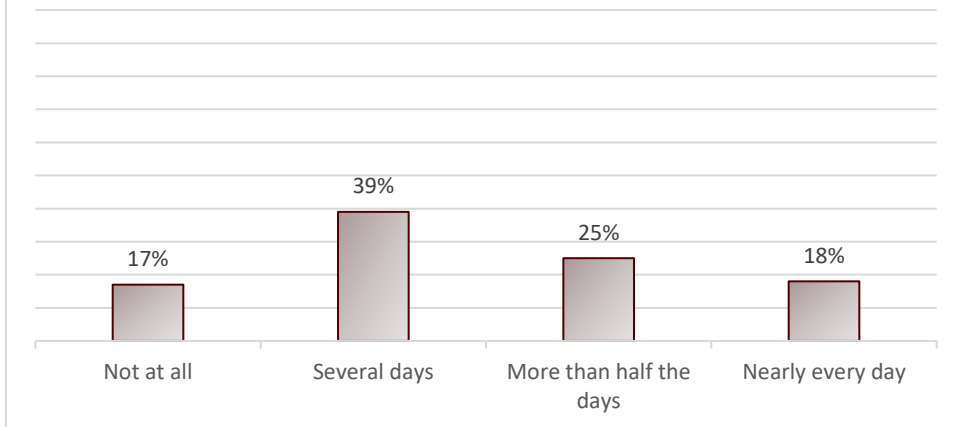


Figure 3 shows that 56% of students are sleeping less than seven hours a night more often than not, and nearly one in every five (17%) reported not getting seven or more hours at all. First-generation students reported sleeping seven or more hours less often than non-first-generation students. White students reported sleeping over seven hours more often compared to other ethnic groups, such as Hispanic or Latino and Black/multi-racial with Black students who reported sleeping seven or more hours the least.

Figure 3: Over the past two weeks, how often did you get more than seven hours of sleep in one night?



**Conclusion**

A majority of the student body is feeling tired at least several days per two weeks, and nearly half (48%) reported being dragged out over half of the time. More information can be found [here](#).

**FOR MORE INFORMATION**



Go to <http://wishes.tamu.edu> or email [wishes@tamu.edu](mailto:wishes@tamu.edu)

