

# AGGIE WELL-BEING SURVEY

## 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, 29,123 students responded to at least one question, yielding an overall response rate of 12%. This report focuses on students' sleep.

Figure 1, on the next page, 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 slightly 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. Students in the College of Architecture, College of Medicine, and Mays Business School reported feeling more well rested than students in other colleges. In contrast, students in the School of Performance, Visualization, and Fine Arts reported feeling less well-rested compared to their peers.

Figure 1: Over the past two weeks, how often did you get enough sleep so that you felt well rested when you woke up?

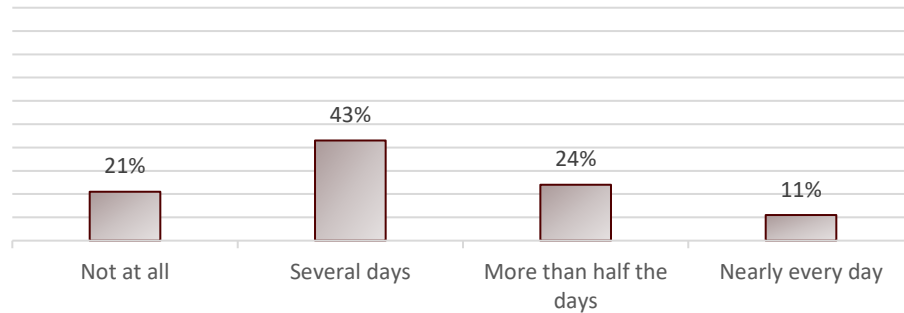


Figure 2 illustrates that approximately three-fourths of students felt tired, dragged out, or sleepy during the day for at least several days in the last two weeks. Students in the Colleges of Veterinary Medicine, Pharmacy, and Architecture felt this less often than other students, such as those in General 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. Male students also reported these feelings more frequently than female students.

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

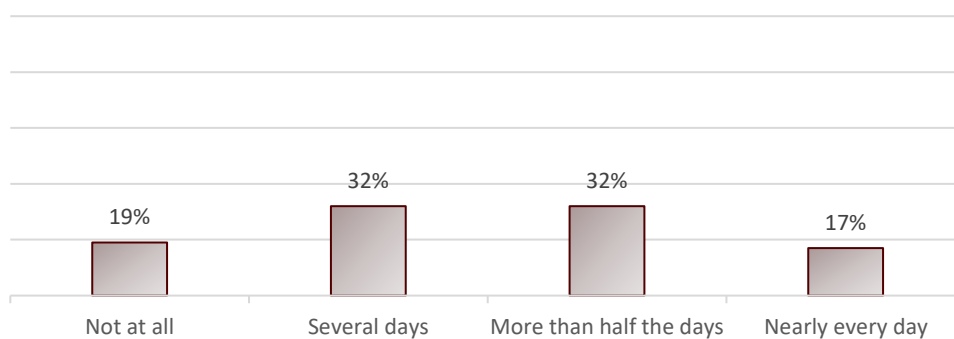
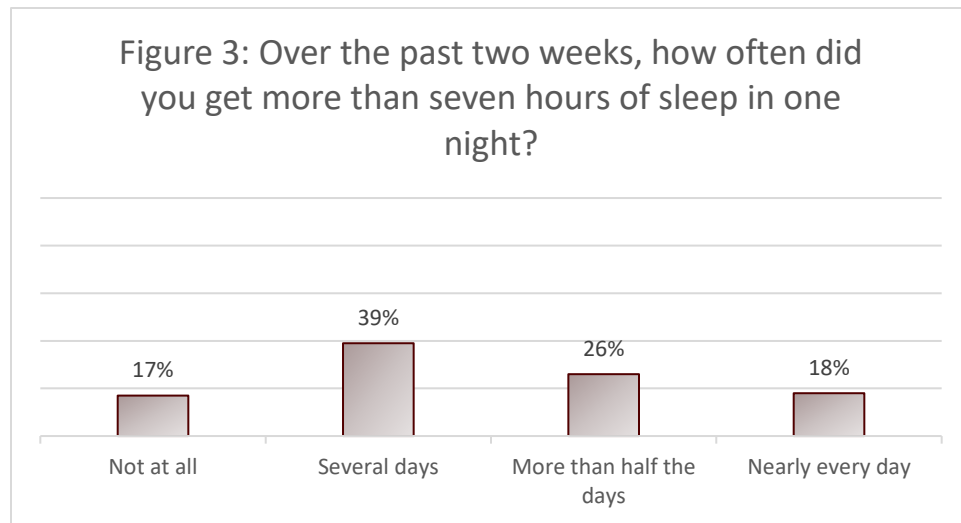


Figure 3 shows that 56% of students were sleeping less than seven hours a night more often than not, and nearly one in every five (17%) reported not getting seven or more hours at all. First-generation students reported sleeping seven or more hours less often than non-first-generation students. White students reported getting more than seven hours of sleep more frequently than other ethnic groups, while Black/multi-racial with Black students reported the lowest rates of sleeping seven or more hours. Similarly, male students were more likely than female students to report getting more than seven hours of sleep in a single night.



### Conclusion

A majority of the student body is feeling tired at least several days per two weeks, and nearly half (49%) reported being dragged out over half of the time.

This executive summary is updated at the conclusion of each semester and was last updated at the end of the spring 2025 semester.

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