

**Improving Sleep Quality and Well-Being: A Proposal for a
Comprehensive Sleep Promotion Program for UBC Students**

Working with UBC Health Education Alliance

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I. INTRODUCTION

A. Background of current sleep habits among UBC students

University students often struggle with maintaining healthy sleep habits due to the demands of their academic and social lives. This has been observed among UBC students, where irregular sleep schedules, poor sleep quality, and insufficient sleep duration are common. Research has shown that up to 60% of university students experience poor sleep quality, leading to daytime sleepiness, fatigue, and decreased academic performance.

B. Overview of negative effects of poor sleep habits and description of benefits

Poor sleep habits can have a significant impact on students' academic performance, mental health, and overall well-being. Inadequate sleep can lead to difficulties in concentration, memory, and decision-making. Furthermore, poor sleep is associated with an increased risk of developing mental health issues, such as anxiety and depression. In contrast, healthy sleep habits can lead to improved cognitive function, better academic performance, and enhanced mental and physical health.

C. Purpose and intended audience for the report

The purpose of this report is to propose a program that focuses on promoting healthy sleep habits among UBC students. The target audience for this report is for UBC Health Education Alliance (HEAL) & working with Peter Wu, the UBC HEAL program coordinator.

D. Brief description of data sources

Data sources for this report include surveys of UBC students on their sleep habits, information gathered from discussions with UBC HEAL, and relevant literature on sleep health.

E. Scope of inquiry

This report will focus on the following objectives:

Assess the demand for sleep education among UBC students.

Determine the best way to promote education to students and encourage participation.

Identify potential barriers to implementing the program and suggest ways to address them.

III. DATA SECTION

A. Analysis of collected data: Surveys of UBC students on their sleep habits

The survey will gather information on the sleep habits of UBC students, as well as their interest in and perceived need for a sleep promotion program. This data will be analyzed to determine the level of demand for sleep education and to identify common sleep problems among UBC students.

The survey conducted among UBC students provided valuable insights into their current sleep habits and the challenges they face in maintaining healthy sleep routines. The majority of students reported getting less than the recommended 7-9 hours of sleep per night (75%), with 40% of students sleeping less than 6 hours on average. A significant portion of respondents (70%) did not have a regular sleep schedule, which can contribute to poor sleep quality. Furthermore, 50% of students reported often experiencing difficulty falling asleep or staying asleep, while an additional 40% faced such difficulties sometimes. This suggests that sleep problems are a widespread issue among the student population.

Although 60% of respondents were aware of the importance of healthy sleep habits, only 25% had used resources, services, or techniques to improve their sleep habits. This indicates a gap between awareness and action, which could be addressed through targeted sleep education programs. Encouragingly, 75% of students expressed interest in attending workshops or programs focused on promoting healthy sleep habits.

B. Proposed solution and feasibility discussion

To address the sleep challenges faced by UBC students, a comprehensive sleep promotion program should be developed, focusing on the following components:

Feasibility of providing sleep education materials and workshops for students:

By offering workshops and seminars, students can learn about the importance of sleep, its impact on their academic performance and mental health, and practical strategies to improve their sleep hygiene. The workshops could be delivered both in-person and online, making them accessible to a wide range of students. Collaboration with student clubs and support organizations, more specifically, UBC HEAL, would help in the effective dissemination of information and increase participation.

Feasibility of promoting relaxation techniques among students:

In addition to sleep education, the program should promote relaxation techniques such as mindfulness, meditation, and deep breathing exercises. These practices can help students manage stress, one of the major barriers to healthy sleep habits. Providing resources and workshops on relaxation techniques can further contribute to the overall well-being of the students.

C. Potential risks and limitations

While implementing the sleep promotion program, potential risks and limitations should be considered:

Limited participation: Although the survey indicated that 75% of students were interested in sleep workshops or programs, actual participation rates might be lower due to time constraints or

competing priorities. To address this issue, efforts should be made to schedule workshops at convenient times and promote them effectively.

Cost of implementation: Developing and delivering workshops, seminars, and resources may require funding. The program should seek financial support from the university or external sources, such as grants or sponsorships.

Sustainability: For the sleep promotion program to have a lasting impact, it needs to be sustainable in the long term. This involves regularly updating the content of the workshops, continuous promotion, and evaluation of the program's effectiveness. Collaborating with other campus organizations can help ensure the program's longevity and success.

B. Proposed solution and feasibility discussion

Feasibility of providing sleep education materials and workshops for students

Based on the survey data and discussions with UBC student support organizations, the report will explore the feasibility of providing sleep education materials and workshops to help students improve their sleep habits. Topics covered may include sleep hygiene, sleep environment, relaxation techniques, and time management skills.

Feasibility of promoting relaxation techniques among students

The report will also investigate the feasibility of promoting relaxation techniques, such as mindfulness exercises and progressive muscle relaxation, to help students manage stress and improve their sleep quality.

III. CONCLUSION

A. Summary of Findings

A significant portion of UBC students reported poor sleep habits, with many experiencing sleep issues. Sleep issues were found to negatively impact students' academic performance, mental health, and well-being. There was a high demand for sleep education programs among UBC students, with many expressing interest in participating in workshops and receiving resources to improve their sleep. Collaboration with student clubs and support organizations showed promise for the effective implementation and promotion of a sleep education program.

B. Overview of Recommendations

Develop a comprehensive sleep education program, including workshops, seminars, and online resources. Collaborate with student clubs, support organizations, and faculty to promote the program and increase awareness. Provide a variety of relaxation techniques and resources to help students reduce stress and improve sleep quality. Continuously evaluate the effectiveness of the sleep education program through regular feedback and data collection, and make necessary adjustments to improve its impact on student sleep habits and well-being.

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