**Appendix**

|  |  |  |
| --- | --- | --- |
| **Demographic** | **Population Fall 2015** | **Sample Fall2015** |
| **Sex** |  |  |
| Male | 46% | 45.6 % |
| Female | 54% | 54.4 % |
| **Race/Ethnicity** |  |  |
| White | 73% | 67.1 % |
| Black | 15% | 16.6 % |
| Asian | 5% | 5.8 % |
| Hispanic | 6% | 6.1 % |
| Other | 1% | 4.4% |
| **Residential** | 79% |  |
| **Class Rank** |  |  |
| First Year Students | 26% | 37.0 % |
| Sophomore | 22% | 16.7 % |
| Junior | 25% | 21.7 % |
| Senior | 27% | 24.6 % |

**Table 1: Sample/Population Comparison**

**Table 2: Frequencies for Modified PSQI**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| During the past month, how often have you had trouble sleeping because you: | | Not during the past month | Less than once a week | Once or twice a week | Three or more times a week |
| a. Cannot get to sleep within 30 minutes | | 20.7% | 29.7% | 27.9% | 21.7% |
| b. Wake up in the middle of the night or early morning | | 16.4% | 29.6% | 30.7% | 23.4% |
| c. Have to get up to use the bathroom | | 35.4% | 32.8% | 21.0% | 10.7% |
| d. Cannot breathe comfortably and or snore | | 70.3% | 14.7% | 8.4% | 6.6% |
| e. Feel too cold or too hot | | 29.5% | 26.9% | 28.0% | 15.6% |
| f. Have bad dreams | | 50.7% | 26.6% | 12.8% | 9.9% |
| g. Have pain | | 59.2% | 23.5% | 10.7% | 6.6% |
| h. Other reason (s), please describe, including how often you have had trouble sleeping because of this reason (s): | | 66.5% | 12.7% | 8.7% | 12.1% |
| During the past month, how often have you | i. taken medicine to help you sleep? | 76.6% | 8.9% | 7.4% | 7.1% |
| j. had trouble staying awake during daytime activity? | 37.1% | 31.5% | 18.0% | 13.5% |
| k. How often have you had problems staying motivated? | | 22.4% | 28.5% | 27.4% | 21.7% |
|  | | **Very bad** | **Fairly bad** | **Fairly good** | **Very good** |
| l. During the past month, how would you rate your sleep quality overall? | | 5.3% | 26.3% | 59.4% | 9.0% |
|  | | **<15 min** | **16-30 min** | **31-60 min** | **>60 min** |
| m. How long (in minutes) has it taken you to fall asleep each night? | | 27.5% | 42.5% | 20.9% | 9.2% |
|  | | **<6 hr** | **5-6 hr** | **6-7 hr** | **>7 hr** |
| n. How many hours of actual sleep did you get at night? | | 30.7% | 47.0% | 13.3% | 8.9% |

**Table 3: Frequencies for Modified STAI Trait Anxiety Subscale**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Please indicate your level of agreement with the following statements: | Almost Never | Sometimes | Often | Almost Always |
| a. I worry too much over something that doesn’t really matter | 12.8% | 43.8% | 25.9% | 17.5% |
| b. I feel that difficulties are piling up so that I cannot overcome them | 25.1% | 46.5% | 20.4% | 8.0% |
| c. I am “calm, cool, and collected” | 12.1% | 41.4% | 37.7% | 8.8% |
| d. I feel satisfied with myself | 16.5% | 38.5% | 38.8% | 6.2% |
| e. I feel nervous and restless | 16.1% | 55.1% | 21.5% | 7.3% |
| f. I feel confident | 17.9% | 36.9% | 38.3% | 6.9% |
| g. I make decisions easily | 9.5% | 29.3% | 39.2% | 22.0% |
| h. Disappointments weighs heavily on my mind | 18.6% | 39.4% | 22.3% | 19.7% |

**Table 4: Frequencies for PSS-4**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **In the last month, how often have you felt:** | **Never** | **Almost Never** | **Sometimes** | **Fairly Often** | **Very Often** |
| a. Unable to control important things in your life? | 9.2% | 24.2% | 42.1% | 16.8% | 7.7% |
| b. Confident about your ability to handle your personal problems? | 17.6% | 39.0% | 33.5% | 8.1% | 1.8% |
| c. That things were going your way? | 7.0% | 31.6% | 45.6% | 14.0% | 1.8% |
| d. Difficulties were piling up so high you could not overcome them? | N/A | 25.1% | 46.5% | 20.4% | 8.0% |

**Table 5: Levels of Perceived Stress as Impacted by Levels of Sleep Quality**

|  |  |  |  |
| --- | --- | --- | --- |
| **Levels of Perceived Stress** | **Levels of Sleep Quality** | | |
| Good Sleep Quality (9 and Below) | Moderate Sleep Quality (10-13) | Poor Sleep Quality (14 and Above) |
| Low Stress  (5 and Below) | 44.7% | 26.4% | 17.1% |
| Moderate Stress  (6-7) | 32.9% | 26.4% | 24.4% |
| High Stress  (8 and Above) | 22.4% | 47.3% | 58.5% |

Chi-Square = 24.275 Asymp. Sig. = 0.000 Cramer’s V = 0.221 Approx. Sig. = 0.000

**Table 6: Levels of Trait Anxiety as Impacted by Levels of Sleep Quality**

|  |  |  |  |
| --- | --- | --- | --- |
| **Levels of Trait Anxiety** | **Levels of Sleep Quality** | | |
| Good Sleep Quality (9 and Below) | Moderate Sleep Quality (10-13) | Poor Sleep Quality (14 and Above) |
| Low Anxiety  (16 and Below) | 51.3% | 28.6% | 18.3% |
| Moderate Anxiety (17-21) | 38.2% | 33.0% | 35.4% |
| High Anxiety  (22 and Above) | 10.5% | 38.5% | 46.3% |

Chi-Square = 31.373 Asymp. Sig. = 0.000 Cramer’s V = 0.251 Approx. Sig. = 0.000