

SELF-REPORTED SLEEP DURATIONS OF COLLEGE STUDENTS: NORMATIVE DATA FOR 1978-79, 1988-89, AND 2000-01¹

ROBERT A. HICKS, COSETTE FERNANDEZ, AND ROBERT J. PELLEGRINI

San José State University

Summary.—In 2000-2001 academic year the frequency distribution of hours slept per night was not significantly different from distributions of 1978-79 and 1988-89.

Over a decade ago, we reported normative data for 1978-79 and 1988-89 that documented a significant change in the self-reported sleep durations of fairly large groups of university students (1). The purpose of this study was to update these norms for the 2000-01 academic year using questionnaires that were the same as those used in our earlier studies. We asked students to report the number of hours that they usually slept each night to the nearest half hour. The frequency distributions and percentile ranks computed for the 1978-79, 1988-89, and 2000-01 academic years are reported in the table. The change from the 1988-89 period to the current observational period was not significant.

Hours	1978-79		1988-89		2000-01	
	<i>f</i>	% Rank	<i>f</i>	% Rank	<i>f</i>	% Rank
12.0	2					
11.5	1					
11.0	1				1	
10.5	2				0	
10.0	28	99	12		13	
9.5	11	98	3		4	
9.0	143	98	52	99	45	99
8.5	96	90	24	96	36	96
8.0	381	85	308	95	268	94
7.5	236	64	110	76	82	77
7.0	446	51	486	70	496	72
6.5	173	27	178	41	119	40
6.0	201	17	367	31	354	33
5.5	45	6	49	9	63	11
5.0	44	4	77	6	82	7
4.5	21	1	14	2	7	1
4.0	4		14	1	13	
3.5	1		3		1	
3.0	1				1	
<i>n</i>	1,837		1,697		1,585	
<i>M</i> ± <i>SD</i>	7.3 ± 1.10		6.87 ± 1.02		6.85 ± 1.04	
<i>t</i> = 12.05, <i>p</i> < .001						
<i>t</i> = .56, ns						

¹In part, this research was supported by NIH-MBRS Grant 08192-22 and NIH-MARC Grant 5T34 GM08253. Address reprint requests to Robert A. Hicks, Department of Psychology, San José State University, San José, CA 95192-0120.

REFERENCE

1. HICKS, R. A., MISTRY, R., LUCERO, K., MARICAL, C., & PELLEGRINI, R. J. (1990) Self-reported sleep durations of college students: normative data for 1978-79 and 1988-89. *Perceptual and Motor Skills*, 70, 370.

Accepted July 30, 2001.