

**Have designated sleeping areas on campus for students.**

**CURRENT CHALLENGE:**

I want to address the issue of student tiredness and sleep deprivation. Many students are busy and do not get the full recommended 8 hours of sleep. They make the best of catching up on sleep sleeping in the Henry Madden Library, the USU, in class which may disrupt class, in their cars and other available areas on campus. Most times these places are not safe and/or secure. Many students also skip out on class simply because they are tired. In fact, many students also have long schedules or are from out of town, which makes it difficult for them to stay alert and focus. Many sleep studies have shown that allowing time for day time sleeps/naps can boost our brain power allowing us to work better and be less tired.

**PROPOSED SOLUTION:**

Have designated areas on campus for sleeping for students. Make it a safe and secure environment for them to rest and catch up on sleep. Give them this alternative to help them be alert and awake to tackle their school and work load.

**BENEFITS TO FRESNO STATE:**

Students will be more alert and attentive in class, which contributes to their educational success. Instructors will not have to worry as much about students sleeping during class lectures. In fact, they may see new faces. Fresno State may see a boost in student improvement and possibly in graduation rates. Furthermore, it will certainly help students stay healthier and learn about work-life-health balance.

**ADDITIONAL INFORMATION:**