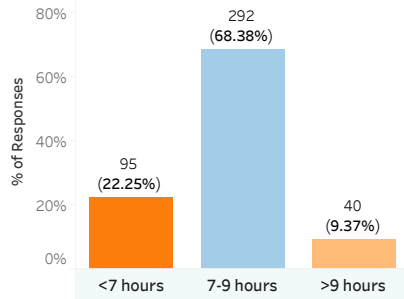


CCWS - Winter - 2024

Physical Health/Health Behaviours

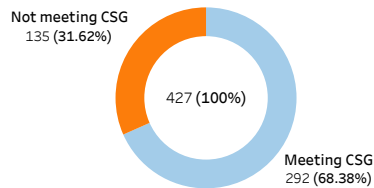
Average sleep per day on Weekdays

Sample Size = 427



Weekdays Sleep

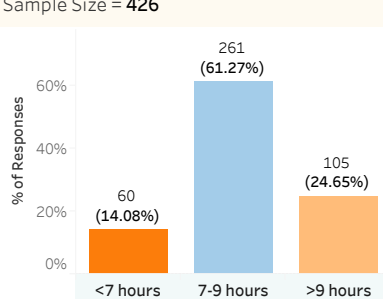
Categorized based on hours spent per day during weekdays on sleep.
Sample Size = 427



Hours spent on sleep per day during weekdays
7-9 hours = Meeting Canadian Health 24 Hours Sleep Guidelines
<7 hours or > 9 hours = Not meeting Canadian Health 24 Hours Sleep Guidelines
*CSG = Canadian Sleep Guidelines

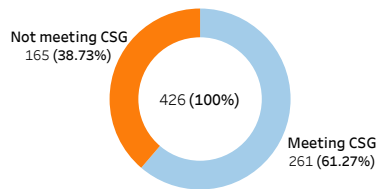
Average sleep per day on Weekends

Sample Size = 426



Weekends Sleep

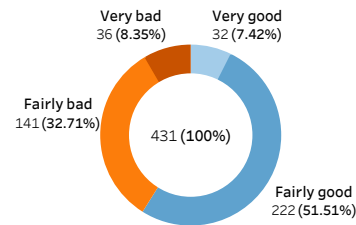
Categorized based on hours spent per day during weekends on sleep.
Sample Size = 426



Hours spent on sleep per day during weekends
7-9 hours = Meeting Canadian Health 24 Hours Sleep Guidelines
<7 hours or > 9 hours = Not meeting Canadian Health 24 Hours Sleep Guidelines
*CSG = Canadian Sleep Guidelines

Sleep Quality

During the past week, how would you rate your sleep quality overall (how well you sleep)?
Sample Size = 431



Domestic/International	All
Credential Type	All
Indigenous	All
Full-Time/Part-Time	All
New to Institution	All
Year Standing	All
Age Group	All
Gender	All
Ethnicity	All
Average Grade	All
Finance Stress	All
Born in Canada	All
Parents Born Outside of Can..	All
Disability	All