ABSTRACT

A quarter of college students report experiencing insomnia symptoms, and 70-90% report sleeping less than 8 hours on weeknights. Sleep problems are linked to higher alcohol use, which also peaks during early adulthood. In a study of 2000 students, those who reported sleep issues also reported struggling with negative emotions and self-control, additional factors that have been related to problematic alcohol use. Exploring these relationships can aid in improved interventions to alcohol-related problems among students.