

1608 Sleepy Time

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Union Notes

1. As part of the consultation on the new Graduate Centre, a number of students have indicated to us that they want somewhere to take a nap on campus during the day
2. In the US, a James Madison University student interested in promoting sleep education and healthy sleep habits among students launched a "Nap Nook" at JMU.
3. The student wanted a catnap to be perceived as an energy booster rather than a last resort after endless hours of coursework, and she thought The Nap Nook was the ideal solution for JMU.
4. Dubbed "the world's first designated student napping centre in a university setting," The Nap Nook opened in the 2013 autumn semester to provide students with a place to recharge.
5. The "nook" is located in the "lower drum" of the Festival Conference & Student Centre (ie the SU building) at JMU where students can reserve a large bean bag for forty minutes.
6. The forty minute limit was chosen deliberately because of the benefits associated with light sleep as, according to The Nap Nook website, a power nap will wake students up without leaving them with the sluggish feelings experienced after a longer doze.

Union Believes

1. We should inform people about the dangers of sleep deprivation and the important qualities of sleep.
2. Sleep deprivation is associated with weight gain, depression and is a proven carcinogen, by suppressing melatonin and leading to immunodeficiencies.

Union Resolves

1. To mandate the Management Committee to investigate the practicalities of introducing a bookable Nap Room within Union House as part of the 2015 redevelopment.
2. To trial a Nap Room where possible this academic year