Assistant Professor and Family Nurse Practitioner Teresa Valerio, who also studies and treats sleep problems, says sleep insomnia has become an issue on ISU's campus and other campuses over the past century.

The cause of insomnia is often a combination of many factors and triggered by stress, Valerio said.

However, Valerio recently offered tips based on her recent study for students to prevent them from missing anymore valuable sleep.

"Multiple studies have reported that 20 to 60 percent of college students have problems sleeping," Valerio said.

Valerio said this is a widespread problem that has been documented for over 10 years and has not improved.

"Currently, Dr. Myoung-Jin Kim and I are analyzing data on sleep problems of 178,091 students from 2008 through 2010 collected on the American College Health Association's National College Health Assessment II," she said.

Valerio said they hope to better understand the relationships between sleep, behaviors, functioning and interest in health information.

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