

Universities catching on to the sleeping pod

Students' complaints of lack of sleep has led to the installation in libraries at some universities overseas of sleeping pods in which they can nap between study periods...



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Although the innovation has not yet gained popularity in South Africa, some universities here are providing sleepy students with ways of catching 40 winks.

Students at Stellenbosch University who are unable to go home can make use of bunk beds at two hubs - amaMaties and Wimbledon - that have 24 beds and living and study areas.

Lounge furniture including beanbags, futons and chairs is emerging on campuses in the UK, US and Australia.

A new napping pod, installed at the University of Manchester this month, allows students 20 minutes of rest at any time of the day.

Students at the UK's University of East Anglia were given a "nap nook" in which they can book a 40-minute sleepy slot from noon to 6pm.

The university provided the spaces after finding students asleep in the library.

Stellenbosch University's Martin Viljoen said it was not known how many students napped in the library but medical students were particularly prone to doing so.

Dr Karine Scheuermaier, head of the Sleep Laboratory at Wits, said research had shown that students who had less than seven hours of sleep a night had worse marks than those who slept longer.

"Sleep is known to help with memory consolidation and prepares the brain for a new day of learning," Scheuermaier said.

Source: The Times

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