Title: **A Bad Night’s Sleep on Campus: An Interview Study of Sleeping   
 Problems in First Year Undergraduate Students**   
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Sleep problems are common in university students, and increase the risk of mental illness and poor academic attainment. It is therefore critical to understand the factors that may cause or aggravate sleep problems in students. First year students living on campus are particularly worthy of attention, due to their distinctive sleeping circumstances: they are adapting to a new lifestyle, sleep in close proximity to new peers, encounter high levels of environmental noise and experience academic stress.

In this study, 15 first year undergraduates with sleeping problems completed in-depth interviews, in which they were asked about aspects of university life that might contribute to their poor sleep. It was found that flatmates and friends were central to sleep problems on campus, partly because they caused excessive noise and partly because they provided an easy opportunity to socialise late into the night. Academic factors, including students working late at night and spending all day in their bedrooms, were also key. This suggests that fundamental aspects of moving to university, including living with peers and adapting to a new academic schedule, may increase the risk of students’ sleep problems. A follow-up study is now being planned to assess these relationships in a larger sample using quantitative methods.