

Topic for discussion EUR University Council	
Title	Sleep pods on campus Woudestein
Expected to be included in the cycle of	5 nd cycle
Date submitted	29-01-2024
Subject	Wellbeing of students and staff (TF Social Safety & Wellbeing?) “Power-naps between lectures can be very beneficial”
Submitted by	Achraf Taouil
Explanation	<p>The purpose of this proposal is to advocate for the creation of designated sleep pods on campus Woudestein. This initiative aims to support the well-being and academic performance of students and staff by providing them with a place to rest and rejuvenate during the day. Other universities in the world and in the Netherlands like Leiden University, TU Delft, Radboud University and VU Amsterdam already installed sleep pods during the past years.</p> <p>A short power nap can be of great value to both students and employees. In the context of student well-being and the experienced study pressure, a power nap can be incredibly helpful. One is more productive and sharper after a power nap. It also fits well with good employment practices. At the VU, over 90 percent of the students appreciate it.</p> <p>The financial coverage for the cost of these sleep pods could fall under the allocated funds for student wellbeing in the budget.</p>
If applicable reason for urgency or emergency	<p>The pressure on students and staff in academia is very high. The mental well-being of students is still under strain, as evidenced by the results of the 2023 Monitor on Mental Health and Substance Use in Higher Education Students.</p> <p>Student and employee well-being is a high priority on the university's agenda. There is a platform for student well-being, a personal support hub, and a living room on campus. This proposal fits perfectly within our policy and strategic goals in the field of student and employee wellbeing.</p>
Specific Questions	<ol style="list-style-type: none"> 1. Do you recognize the importance of reducing the pressure on students and staff? 2. How do you view the proposal to install sleep pods on the Woudestein campus? 3. If this initiative is successful on campus Woudestein, would you be willing to introduce sleep pods or something similar at Erasmus Medical Center, Erasmus University College and the International Institute of Social Studies?
Accompanying documents	-