

#FOR THE STUDENTS

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Committee: Student Involvement

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The Pride Den

Whereas, The University of Houston is mostly a commuter school and there is no location or area for commuter students to rest and/or nap in between classes or meetings.

Whereas, several Universities across the United states have implemented specific nap areas for students because they understand not getting enough sleep may take a toll on an undergraduate's academic performance.

Whereas, it is proven that a quick 20-minute power nap is ideal for a quick energy boost. An area designated for these naps can be very useful to students that commute to and from their classes and are unable to go home in between them.

Therefore, be it enacted by the Senate of the Student Government Association of the University of Houston:

A specific “rest/nap area” be created for those students who commute and are sleep deprived.

Be it further, students should not have to stay up all night to complete assignments and get the necessary studying done to get those high grades that are expected of them.

Be it Further, allowing students a safe area to nap will reduce the risk of sleepless drivers which is just as dangerous as driving under the influence.

Be it further, creating a safe area for students will improve academic performance as well as help the reputation of the university overall.

