

**PP 40: Sleep quality and factors associated with poor sleep quality among undergraduates of a selected university in Sri Lanka: A descriptive cross-sectional study**

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**Introduction:** Poor sleep quality can lead to daytime performance, increase the risk of motor-vehicle and occupational accidents, exacerbate medical, neurologic, and/or psychiatric conditions, and diminished quality of life. The undergraduate studies were strenuous and can lead to poor sleep. There is a paucity of evidence related to the sleep quality of undergraduate students of Sri Lanka.

**Objectives:** The objective of the study was to evaluate the sleep quality among undergraduates of a selected university in Sri Lanka.

**Methods:** A descriptive cross-sectional study was conducted among 207 KIU undergraduates. Upon the ethical clearance (KIU/ERC/21/68), a self-administered questionnaire in a google form shared through emails among eligible undergraduates. The sleep quality was assessed using the Pittsburgh Sleep Quality Index (PSQI). The data were analyzed using descriptive statistics and chi-square test. IBM SPSS v.25 was used as data analysis tool.

**Results:** Majority of undergraduates (81%) were females, with a mean age of  $26 \pm 6$  years. The mean hours of sleep of the undergraduates were  $6 \pm 2$  hours. The sleep quality of 62% of undergraduates was poor (PSQI score  $< 5$ ) and the mean Global PSQI score was  $6.73 \pm 3.35$ . Employment parallel to undergraduate studies ( $p=0.001$ ), following a degree program in health science stream ( $p=0.02$ ), were significantly associated with poor sleep.

**Conclusion:** Study revealed that the majority of undergraduates having poor sleep quality and appropriate measures need to be taken to improve the sleep quality.

**Keywords:** Sleep quality, undergraduates, PSQI, quality of life