

Assessment of sleep quality among health sciences students living in dormitory

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Introduction: Sleep disturbances have been associated with an increased risk of health problems among higher education students. The purpose of this survey was to determine the prevalence and identify the factors that influence the sleep quality in dormitory students.

Materials and Methods: We applied a descriptive and cross-sectional survey. The participants consisted of 249 health sciences students at Semnan University of Medical Sciences. Data were collected through a self-reported reliable and validated questionnaire.

Results: the student's average age was 21.7. In overall, 80.7% of female and 72.1% of male students revealed less sleep quality. Mental engagement commonly reported as a risk factor for sleep disturbance (53.8%). Approximately half of students perceived daytime somnolence as sleep disorder consequence.

Conclusion: Our results indicated high prevalence of poor sleep quality among university students. Sleep disorders should be considered a major health concerns among dormitory students. Providing better environmental conditions, training and advisory programs may help to improve students' sleep quality and academic achievement.

Keywords: sleep quality, risk factors, students