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## **IMPACT OF SLEEP HYGIENE AWARENESS AND PRACTICES ON SLEEP QUALITY AMONG COLLEGE STUDENTS**

*Mariya Thomas*

Kristu Jayanti College, Bengaluru

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### **ABSTRACT :**

This study explores the impact of sleep hygiene, its awareness and practices on sleep quality among college students. Sleep quality plays an important role in the physical and mental well-being of college students. Sleep quality have a direct impact on the academic performance of the students and their overall quality of life. This study highlights the critical importance of fostering awareness about the importance of sleep to improve their academic performance and mental health. Students who practice sleep hygiene have improved sleep quality and better academic performances.

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### **INTRODUCTION :**

According to WHO (World Health Organization) Health is a state of complete physical, mental, and social wellbeing and not merely the absence of disease or infirmity.” Physical and mental self-care helps us live happier lives. It’s all about finding an equilibrium and making choices that support individual’s wellbeing. Self-care can include various things like eating nutritious food, staying active, getting sound sleep, managing stress, and maintaining a healthy interpersonal and intrapersonal relationship. Health and wellbeing play a vital role in one’s overall quality of life. When health becomes our priority, we can experience increased energy, improved mood, and better physical and mental functioning.

Sleep can be defined as a natural state of rest. During the sleep process, our body repairs itself, our brain processes information and our memories get refined to a consolidated form. In simple terms sleep is the process of giving ourselves a recharge. Getting good sleep is important for maintaining a balance in one’s life and it has a huge contribution in maintaining proper physical and mental health. Sleep helps to improve concentration and to boost our immune system which will improve the psychosocial functioning of an individual. Sleep hygiene can be defined as the practices and habits that contribute to good sleep. A sleep friendly environment and adoptive behaviors can have an impact in promoting the quality of sleep. Some of the key aspects of sleep hygiene involve maintaining a consistent sleep schedule, maintaining a relaxing bedtime routine, creating a comfortable sleep environment, avoiding stimulants like caffeine before going to bed, limited exposure to screens before bedtime, incorporating regular exercises and managing stress

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### **HYPOTHESIS :**

College students who have higher levels of sleep hygiene awareness and practice better sleep hygiene habits will experience improved sleep quality compared to those with lower levels of awareness and poor sleep hygiene practices.

College students who limit their exposure to electronic devices before bedtime and create a calm sleep environment will have improved sleep quality compared to those who engage in excessive screen time and have a disruptive sleep environment.

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### **REVIEW OF LITERATURE :**

Cameron et.al (2010) conducted a study on the association between sleep hygiene and sleep quality in medical students. The aim of the study was to determine whether quality of sleep was reduced in medical students, and whether demographics and sleep hygiene behaviours were associated with sleep quality. A Web-based survey was the tool of data collection which was completed by 314 medical students. It contained questions about demographics, sleep habits, exercise habits, caffeine, tobacco and alcohol use, and subjective sleep. Correlation and regression analyses was tested for associations among demographics, sleep hygiene behaviours, and sleep quality. The result of the study was that “medical students’ sleep quality was significantly worse than a healthy adult normative sample”.

Hannah Peach et al (2016) conducted a study on sleep hygiene and sleep quality as predictors of positive and negative dimensions of mental health in college students. One of the populations most at risk for chronic sleep loss and poor sleep quality, which can have detrimental health repercussions, is college students. College students are also infamous for having bad sleep hygiene, which refers to changeable habits that encourage getting enough good sleep. Although research indicates that sleep can affect both good and negative elements of mental health in college, few studies have looked at how sleep affects depression and subjective well-being in the same model. Additionally, not much research has examined sleep hygiene as a modifiable risk factor

for mental and good health outcomes. The current study examined structural equation models that suggested that the effects of sleep hygiene practices on depression and low subjective well-being were either wholly or partially mediated by sleep quality.

Victoria A Felix et al (2017) studied on college student's prevalence of sleep hygiene awareness and practices. College students frequently report having short sleep durations and poor sleep quality, according to research. There is worry that college students may experience problems related to their academic performance, physical health, and emotional health as a result of their poor sleep quality. Numerous factors, such as awareness and practice of sleep hygiene, have been examined in previous study as potential causes of bad sleeping habits. Participants in the current study were getting fewer hours of sleep on average than was advised. The findings showed that nearly equal numbers of participants reported having poor, average, and good sleep quality. According to the results, 40–50% of the sample also reported having trouble falling asleep, staying asleep, starting to fall asleep again, and waking up. Franklin C Brown et al (2002) studied about relationship of sleep hygiene awareness, sleep hygiene practices and sleep quality in university students. Poor sleep hygiene is linked to such schedules as well as other prevalent student behaviours (such as drinking alcohol and caffeine). Improving sleep hygiene behaviours and awareness has been shown to be an effective treatment for insomnia in clinical populations. However, due of dubious metrics, researchers that have looked at the connections between sleep hygiene and habits in nonclinical samples and overall sleep quality have come up with conflicting results. The authors of this study examined these characteristics and addressed the limitations of earlier research using psychometrically sound instruments. According to their findings, sleep hygiene knowledge is linked to sleep habits, which are linked to total sleep quality.

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## FINDINGS AND DISCUSSION :

- Students who practiced higher level of awareness and implemented consistent sleep hygiene practices such as maintaining regular sleep schedules, avoiding caffeine late in the day have better sleep quality.
- Students with limited knowledge about the impact of lifestyle choices in sleep, irregular bedtimes and prolonged napping during daytime have poor sleep quality.
- Students who limited their exposure to electronic devices before bedtime experiences a calm and conducive environment resulting better sleep quality.
- Students engaging in pre - sleep routines such as reading, meditating, sleeping in dark and cool environments experiences good sleep.

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## CONCLUSION :

Students who are knowledgeable about sleep hygiene and actively engaging in healthy sleep habits such as maintaining consistent sleep schedules, limiting screen time before bed and creating a positive sleep environment experiences better sleep quality compared to those with poor habits. This study confirms the importance of sleep hygiene awareness and practices to enhance the sleep quality among college students. By prioritizing sleep, an individual can build a sustained physical and mental health.

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