

UNIVERSITI TEKNOLOGI MARA

**ASSOCIATION OF SLEEP QUALITY AND
COGNITIVE PERFORMANCE AMONG
PHARMACY STUDENTS, UITM PUNCAK
ALAM CAMPUS**

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ABSTRACT

This study was conducted to examine the association between pharmacy students' sleep quality and students' academic performance (cGPA) among undergraduates' students in UiTM Puncak Alam Campus. A questionnaire on sleep quality, factor affecting sleep disturbances and consequences of sleeping quality had been carried out to undergraduate students from first until fourth year. 400 questionnaires were distributed and 301 questionnaires were returned. The result showed that there was a statistically association between sleep quality and cGPA. Sleeping disturbance was very prevalent among pharmacy students because most of the factors relate to their course work. Majority of the pharmacy students had difficulty to concentrate in the class due to sleepiness. Sleep habit and quality among undergraduates pharmacy students were comparable to those reported in European and Asian studies. Developing students' awareness regarding the importance of sleep quality should be encouraged.

Keywords : Sleep quality, academic performance.

CHAPTER 1

INTRODUCTION

1.1 Background

Healthy sleep pattern and quality and habit are very important to human body in order to maintain proper mental and physiological function and health. Sleep quality refers to total sleep quantity, length of time to fall asleep, number of awakening at night, feel of fatigue upon awakening in the morning, and general satisfaction with sleep (Pilcher, Ginter & Sadowsky, 1997). Optimal healthy sleep is a sleep which is done consistently every day at same time and in the same quantity (Paul, 1999).

College students often caught to have poor sleep quality and disturbances. Sleep disturbances manifested as tiredness, insomnia, daytime sleepiness and other symptoms that were found in college students (Chung & Cheung, 2008). The main reasons were college life gave many new and stressful challenges such as increase in freedom, self-responsibility, disorganized lifestyle, variable schedules, repeated deadlines, and social and academic obligations (Buboltz, Soper, Brown & Jenkins, 2002). There is a study in 2001 reported that average duration of total sleep of most university undergraduates were 6.65 hours which is below the recommended 8.5 to 9.25 hours for their age group (Hicks, Fernandez & Pellegrini, 2001). Irregular in sleep pattern may result in circadian rhythm disorder which is delayed sleep phase