

# Annual Academic Sessions – 2019

Faculty of Health – Care Sciences

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## BOOK OF ABSTRACTS



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## **EFFECT OF SLEEPING PATTERN ON ACADEMIC PERFORMANCE AMONG MEDICAL STUDENTS OF EASTERN UNIVERSITY, SRI LANKA**

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**Background:** A good quality of sleep is a basic human need, essential for physical, cognitive and psychological wellbeing. Quality of sleep can determine the day-today performance of each.

**Objective:** To assess the effect of sleeping pattern on academic performance among medical students of Faculty of Health-Care Sciences (FHCS), Eastern University, Sri Lanka.

**Methods:** A descriptive cross-sectional study was carried out among medical undergraduates (n=176) from January, 2018 to January, 2019. Using a self-administered questionnaire, the socio-demographic details, sleep pattern, Pittsburg Sleep Quality Index (PQIS) and academic performance during the research period were assessed. Correlation test was used to study the association between GPA and PQSI score for different levels. The analysis of variance (ANOVA) test was used for the continuous variables. The test was considered statistically significant when  $p < 0.05$ .

**Results:** The average sleeping duration at night was 5.5 hours without any significant differences between male and female or nonclinical and clinical students. GPA score had a significant negative weak correlation with PSQI score (-0.014), indicating that the students with lower sleep score even with better sleep, achieved a significantly higher GPA. In the comparison of clinical and nonclinical group, a weak negative correlation found in nonclinical group (-0.064). The clinical group showed poor sleep quality than nonclinical group while they have good academic performance. Overall, the medical undergraduates of FHCS who have good sleep quality achieved better academic performance.

**Conclusions:** Sleep plays a significant role in the academic performance of medical undergraduates in this study. Medical undergraduates with poor sleep quality may impair their academic performance. Therefore, improving the quality of sleep among the medical students is beneficial.

**Keywords:** Academic performance, sleep quality, medical undergraduates