

Quality of Sleep and Daytime Sleepiness and Their Association with Academic Performance of Students in Bingham University

Ladeinde Ademide Ifeoluwapo*, Obeya Micaiah Udeme, Ijirgba Favour Nguavese, Adegbite Diekoloreoluwa, Idongesit Joy Uduakobong, Maryam Shindang

Department of Community Medicine and Primary Health Care

*Corresponding Author

ABSTRACT

Introduction: Sleep is a fundamental biological process essential for cognitive function, emotional regulation, and academic performance. This study assessed the quality of sleep and daytime sleepiness and examined their association with academic performance among undergraduate students of Bingham University, Karu Local Government Area, Nasarawa State.

Methods: A descriptive cross-sectional study was conducted among 416 students selected via multistage sampling across various faculties. Data were collected using the Pittsburgh Sleep Quality Index (PSQI) and the Epworth Sleepiness Scale (ESS) and analyzed using SPSS version 27.

Findings: Descriptive statistics revealed that 36.6% of respondents had poor sleep quality, with 28.6% reporting excessive daytime sleepiness. Additionally, 46.4% of students usually went to bed between 10 PM and 11:59 PM, while 47.8% reported sleeping for 6–8 hours per night. Regarding sleep latency, 37.7% took 11–30 minutes to fall asleep, and 14.5% experienced sleep latency over an hour. Furthermore, 34.8% experienced nighttime awakenings once weekly, and 24.6% reported waking up three or more times per week. In terms of academic performance, 39.4% of respondents had a CGPA between 3.50–4.49, while 19.3% achieved a CGPA of 4.50–5.00. A strong positive correlation ($r = 0.85$, $p < 0.05$) was found between good sleep quality and academic performance, while a strong negative correlation ($r = -0.82$, $p < 0.05$) was observed between excessive daytime sleepiness and academic achievement.

Conclusion: The study concluded that poor sleep quality and excessive daytime sleepiness are prevalent and significantly impact students' cognitive and academic functioning.

Recommendation: It recommends awareness campaigns on sleep hygiene, provision of mental health support, and the restructuring of academic schedules to encourage healthier sleep habits.

Keywords: Sleep Quality, Daytime Sleepiness, Academic Performance, Undergraduate Students, Bingham University

