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Factors associated with poor sleep quality among dental students in Malaysia

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By

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Abstract   Background: Good sleep quality is crucial for dental students as they must have optimal cognitive function, memory, and decision -making to accomplish their learning requirements. This study aims to determine sleep quality, its associated factors, and the association between sleep quality and academic

performance among dental students in Malaysia. Methods: This cross-sectional study involved dental students at four public universities in Malaysia. A validated Pittsburgh Sleep Quality Index (PSQI) questionnaire was used to assess their sleep quality. An additional self-administered questionnaire was employed to obtain the students' sociodemographic profile, lifestyle, and academic performance. The data were analysed using descriptive, chi-square, and multiple logistic regression. Results: Three hundred eighty-four dental students participated in this study. About half of the dental students (51.6%) have poor sleep quality. The mean of sleep hours per night was 5.72 (SD 1.06). The sleep quality was significantly poor among Malay students (P = 0.023), students who stayed at hostel (P = 0.002), and those who consumed caffeinated drinks (P = 0.028). Multiple logistic regression analysis revealed that the poor sleep quality was significantly associated with self -perceived poor academic performance (Adjusted Odds Ratio (AOR) 2.95, 95% CI [1.25-6.96], P -value = 0.013) and students skipping class (AOR 1.70, 95% CI [1.00-2.91], P -value = 0.046). Conclusions: Most of the dental students in Malaysia have poor sleep quality. Ethnicity, accommodation, and caffeine consumption were significantly associated with sleep quality. Awareness to sleep quality among dental students is needed to ensure they are able to cope with the challenging dental school learning environment.

Keywords

Author Keywords: Academic performance; Dental students; Sleep quality; Skip class

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