

Summary:

Research indicates that a significant majority of students (70.58%) typically have 5-7.5 hours of sleep per night [13]. However, a substantial portion (66.7%) of university students experience some level of difficulty falling asleep within a week. Another study reveals that smartphones are the most frequently used electronic devices by students in the hour before bedtime [14]. In addition, 35.21% of students awaken and access or respond to electronic devices during their sleep, which potentially compromises their sleep quality. Students also have noted that inadequate and disrupted sleep negatively impact their health, safety choices, and academic performance [13]. In summary, these findings provide valuable insights into university students' sleep conditions and suggest the need to investigate the underlying reasons for students' bedtime behaviour patterns, such as their tendency to awaken to respond to electronic devices, and how sleep quality affects their daily lives.

References:

[13] J, Elflein. "U.S. college students that had difficulty falling asleep as of fall 2022". statista.com. <https://www.statista.com/statistics/827015/sleep-problems-among-us-college-students/> (accessed Sep. 19, 2023)

[14] K. L. Moulin and C.-J. Chung, "Technology Trumping Sleep: Impact of Electronic Media and Sleep in Late Adolescent Students," *Journal of education and learning*, vol. 6, no. 1, p. 294, 2016, doi: 10.5539/jel.v6n1p294.