



# NATIONAL UNIVERSITY

## of Computer & Emerging Sciences

### PROJECT REPORT

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# Sleep Quality Study Report

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## Executive Summary:

This report presents the findings of a study conducted on the sleep quality of 45 participants aged between 17 and 28 using the Pittsburgh Sleep Quality Index (PSQI). The study aimed to assess various components of sleep quality and understand the sleep patterns of the participants.

## Study Participants:

The study included a total of 45 participants, with ages ranging from 17 to 28. Of the participants, 82% identified as male, while the remaining 18% identified as female.

## Methodology:

- Instrument:** The Pittsburgh Sleep Quality Index (PSQI) was employed as the primary instrument to evaluate sleep quality.
- Procedure:** Participants were administered the PSQI questionnaire, covering subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medication, and daytime dysfunction.

## Results:

**Overall PSQI Scores:** The average PSQI score for the entire participant group was **7.7**. Higher scores indicate poorer sleep quality.

	Average Component Scores
Subjective Sleep Quality	1.5
Sleep Latency	1.0
Use of Sleeping Medication	0.0
Sleep Duration	1.7
Sleep Disturbances	1.5
Habitual Sleep Efficiency	0.0
Daytime Dysfunction	2.0

**Key Observations:**

A score of 7.7 on the PSQI is relatively moderate and falls in the middle range. a general guide to interpreting PSQI scores is:

- 0 to 5: Better sleep quality.
- 6 to 10: Moderate sleep quality, some disturbances.
- 11 and above: Poor sleep quality.

**Limitations:**

The study is limited in term of student demographics and age range of 17 to 28. Data is subjected to inaccuracies.

**Conclusion:**

A score of 7.7 suggests that participants are experiencing some degree of sleep disturbances but is not in the range typically associated with severe sleep problems. Keep in mind that it's important to consider the specific components of the PSQI and their individual scores to get a more detailed understanding of the aspects contributing to the overall sleep quality score.

In conclusion, this study provides valuable insights into the sleep quality of young adults aged 17 to 28. The findings contribute to the understanding of sleep patterns in this demographic and may inform future interventions to enhance sleep quality.

For further details and a comprehensive analysis, please refer to the attached tables and graphs.

Thank you for your attention.

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