**Factors Influencing Sleep Quality Among University Students and Strategies to Tackle the Problem**

**By Group 6**

**Contents**

1. **Introduction** 
   1. **Background**
   2. **Review**
      1. Overview of Sleep Quality
      2. Overview of Research Methodology
      3. Overview of Existing Factors
2. **Methods**
   1. **Questionnaire Design**
   2. **Survey Distribution**
   3. **Quality Control**
   4. **Final Dataset Overview**
3. **Data Analysis** 
   1. **Data Preprocessing**
   2. **Sleep Quality Quantification**
      1. Metric Quantification
      2. PSQI Weights Adjustment
      3. Quantification Results
   3. **~~Influencing~~ Factors Analysis**
      1. Quantification of Influencing Factors
      2. Model Assumptions
      3. Model Development and Solution
      4. Model Results and Evaluation
   4. **Statistical Evaluation**
   5. **Results Validation**
4. **Results Analysis**
   1. **Evaluation of sleep quality**
   2. **Assessment of Factors**
      1. Lifestyle Factors
      2. Psychological Factors
      3. Physical Factors
      4. Social Factors
   3. **Analysis of Changes in Key Influencing Factors**
5. **Strategies for Improvement**
   1. **~~Strategies for~~ Social Factor Improvement**
   2. **Addressing Physical Factors for Better Sleep**
   3. **Enhancing Lifestyle Factors**
   4. **Improving Psychological Well-being**
6. **Conclusions**
7. **References**
8. **Contributions**