

# The Influence of Living Habits on Sleep Quality and Its Psychological Impact among College Students

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**Abstract:** *This paper discusses on how living situations, sleep quality, and mental health were related for college students. Fifty-five participants were surveyed using a quantitative questionnaire on their daily habits, sleep habits, and mental health in this mixed-methods study. It was shown that healthy lifestyle choices improve sleep quality, lending credence to the idea that this link was intended. Those who got sufficient shut-eye also reported improved mental health, while those who didn't were more likely to suffer from stress. The study also highlighted the moderating influence of lifestyle factors in the link between sleep quality and mental health, with results showing that the beneficial effects of quality sleep are increased when lifestyle factors are positive. These findings show the importance of using integrative classroom interventions to improve college students' health, sleep, and mental toughness. In addition to provide helpful insights on the complex interaction of factors influencing student well-being, it emphasises the significance of addressing both sleep quality and living habits in building a supportive and successful academic environment.*

**Keywords:** Living habits, Sleep quality, psychological well-being, College students, Holistic interventions

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## 1. Introduction

The term "sleep latency" refers to the length of time it takes an individual to fall asleep once they have entered their bedroom and laid down in bed. It is a sign of the beginning of sleep and is susceptible to influence from a variety of circumstances, including the impact of university students on the quality of sleep experienced by college students (Gardani et al., 2022). In the setting of college students, the presence of university students and the activities that they participate in can, in a number of different ways, interfere with the college students' ability to fall asleep and stay asleep. College students could find it difficult to fall asleep because of noise disruptions brought on by social activities, chats, or parties, for example. In addition, college students may have varying patterns of sleep or participate in activities that continue late into the night, all of which may delay the start of sleep for college students who share the same living space.

College students who sleep late for an extended period of time may face psychological consequences as a result (Benham, 2021). Trying to fall asleep for an extended period of time can lead to feelings of frustration, worry, and an increase in stress levels. Inadequate sleep onset can also lead to sleep deprivation, which can have a poor influence on cognitive function, the ability to regulate mood, and general well-being. The term "sleep waking" refers to the number

of times and the length of time that a person awakens while they are sleeping. It is a natural and expected element of the sleep cycle, and it occurs frequently throughout the night as individuals go through the various phases of sleep. However, these interruptions in sleep and waking can have an effect on the quality of sleep as well as psychological repercussions.

The presence of university students in the same building as college students has been shown to lead to an increase in the number of sleep disruptions and awakenings experienced by college students (Wang et al., 2022). It's possible for the shared living environment to provide sleep disruptions in the form of noises, movements, or activities, leading to more frequent awakenings. Additionally, disputes in the sleep patterns or habits of university and college students who share the same space can disturb the continuity of one's sleep, leading to sleep fragmentation and a reduction in the effectiveness of one's sleep. College students are more susceptible to negative psychological impacts from frequent sleep awakenings. It is possible for it to disrupt the normal cycle of sleep, which can lead to a reduction in the amount of time spent in deep sleep or REM sleep, both of which are essential for the healing of both the body and the mind. The cumulative effect of sleep deprivation can contribute to daytime tiredness as well as cognitive deficits and poor mood states (Panda et al., 2022).

The level of consciousness or reaction to outside stimuli that one experiences when asleep is referred to as awareness during sleep. The amount of consciousness during sleep can be influenced by a number of things, including the effect of university students on the quality of sleep experienced by college students. Although sleep is often linked with a lower level of awareness, this is not always the case. College students may suffer either a partial or complete wakeup if they participate in activities that produce noise, cause disturbances, or otherwise disrupt the environment in which they are attempting to sleep (Dörner et al., 2023). These awakenings might result in heightened consciousness while the person is sleeping, which can interfere with the architecture of the sleep cycle and lead to fragmented or shallow sleep. College students may have negative psychological effects if they experience increased awareness when sleeping. It can cause a feeling of unrest, trouble returning to sleep, and a decrease in the overall quality of sleep that one gets. Furthermore, frequent sleep awareness interruptions can contribute to increased anxiety, hyperarousal, and a sensation of being on edge, all of which have an influence on daytime functioning and mental well-being.

A person's level of sleep efficiency may be determined by calculating the ratio of the amount of time spent asleep to the total amount of time spent in bed (Xiong et al., 2020). It is a reflection of the quality of sleep as well as the efficacy of the time spent sleeping in terms of giving restorative rest. College students may find that the presence of university students has a variety of negative effects on their ability to get quality sleep. The presence of university students and the activities they participate in can affect the effectiveness of one's sleep by extending the amount of time it takes to fall asleep, increasing the number of times one wakes up during the night, or shortening the total amount of time spent sleeping. A decrease in the actual sleep time compared to the time spent in bed might be the consequence of noise disturbances, social contacts, or sleep patterns that are in conflict with one another (Kolhar et al., 2021). This can lead to a reduced level of sleep efficiency. College students who get less restful sleep may have severe negative psychological effects as a result. The restorative advantages of sleep, such as physical rejuvenation, cognitive consolidation, and emotional regulation, are lost when sleep efficiency is disrupted. Sleep benefits include physical rejuvenation, cognitive consolidation, and emotional control. As a direct consequence of this, college students may feel daytime weariness, difficulties concentrating, poor memory, and greater susceptibility to stress and emotional disorders.

Students in higher education institutions frequently face increasing academic pressure in the form of tests, assignments, and projects. College students might experience increased levels of stress, anxiety, and trouble sleeping as a result of the pressure to perform well academically (Aihie & Ohanaka, 2019). The transition to living at a university introduces one to new social contexts, such as making new friends and participating in extracurricular activities and partying. These social interactions can occasionally disturb typical sleep patterns, which can result in insufficient sleep length or altered sleep cycles. Students in higher education may have erratic schedules as a result of the timing of their classes, part-time work, or participation in a variety of clubs and organizations. This lack of regularity might throw off their normal sleep habits and reduce the quality of the sleep they get as a result. Having to share living quarters with other college students can also affect the quality of one's sleep. Sleep patterns of college students might be thrown off by factors such as differences in sleeping routines, levels of noise, or interruptions caused by roommates (Kim et al., 2022).

Lack of sleep can contribute to higher levels of stress as well as increased levels of anxiety. Lack of sleep impairs cognitive performance, the ability to regulate emotions and cope with stressful situations, making it difficult for college students to properly manage the problems they face in both their academic and personal lives. A lack of sleep or sleep that is of poor quality can have a severe affect on one's ability to concentrate, as well as their memory and general cognitive functioning (Baker et al., 2022). This can have a negative impact on the academic performance of college students, resulting in poorer grades and decreased productivity. Sleep abnormalities, such as insomnia or restless leg syndrome, have been linked to the onset or worsening of a variety of mental health conditions, including depression, anxiety disorders, and mood disorders. Sleep patterns that are disturbed can throw off the delicate balance of neurotransmitters that are involved in the control of mood. Sleep is absolutely necessary for maintaining both one's physical and mental health. When college students have trouble getting decent sleep, it may have a negative impact on their general health and well-being, as well as their motivation and quality of life.

Developing a survey with the purpose of gathering information from college students on their sleeping habits, the quality of their sleep, their levels of perceived stress and anxiety, their academic achievement, and their overall well-being (Higbee et al., 2022). The survey will be given to a representative sample of college students, and essential data will be collected on sleep, psychological issues, and the effect of university students. Statistical approaches will be used to conduct an analysis of the data acquired in order to uncover patterns, correlations, and links between the quality of sleep, psychological variables, and the influence of university students. On the basis of the findings, designing interventions and suggestions to enhance college students' sleep quality and offset the psychological impact. These treatments may include instructional programmes, tactics for practicing good sleep hygiene, methods for effectively managing stress, and the promotion of a healthy atmosphere within the institution. It's crucial to keep in mind that this is only a broad framework; individual pieces of research could take a different tack in terms of their methodology and approach, depending on the questions they want to answer and the resources they have at their disposal (Presseau et al., 2019). It is recommended that contemporary research, academic publications, and scholarly sources in the fields of sleep research, psychology, and higher education be consulted in order to obtain the latest and most comprehensive information on the state of study on this subject. It might be difficult to recruit a representative sample of college and university students to participate in a research study. It may be challenging to establish a representative sample that truly reflects the broad population of college students and captures the variety of influences that come from university students. This is because college students come from a wide variety

of backgrounds. Self-reporting methods, such as surveys and questionnaires, are relied on for data collection pertaining to the quality of sleep, psychological issues, and the effect of university students (Alshakhsi et al., 2022). It is possible for self-reporting to be both subjective and prone to biases, such as the memory bias and the social desirability bias. It is essential to properly construct the survey in order to reduce these biases as much as possible and validate the measurements that are being utilised.

In the context of this kind of investigation, establishing causation and pinpointing the direction of effect can be challenging. It is reasonable to believe that university students have an effect on the quality of sleep experienced by college students; nonetheless, it is possible that other variables also contribute to sleep problems. Studies with a longitudinal design and experimental designs both have the potential to give further insights into the causality and directionality of relationships (Schneckenberg et al., 2022). The quality of sleep that college students get may be affected by a number of external circumstances that are beyond the control of university students. These factors may include personal life events, health concerns, or the impacts of family members. It can be difficult to isolate the unique influence that university students have, and it is essential to exercise control over these external aspects in order to ensure proper interpretation of the results.

Ethical concerns are necessary whenever human subjects are used in research. These issues include obtaining participants' informed permission, maintaining their anonymity, and looking out for their health and safety. When conducting studies that investigate the psychological effect, researchers need to be aware of the possible dangers and ensure that participants who are suffering distress have access to appropriate support and referral channels. The evaluation of sleep quality may be difficult since it relies on both the individual's own experiences and objective data (Leszczynski, 2022). Subjective methods, such as self-report surveys, might yield useful insights; but, objective methods, such as actigraphy or polysomnography, can yield more accurate data. On the other hand, utilizing these objective measurements in large-scale research may not be possible or even viable.

It is possible that different cultural settings, educational systems, and demographic groupings would experience varying degrees of variation in both the influence of university students on the quality of sleep and the psychological impact of sleep itself. When evaluating the findings of the study, it is critical to first recognise the restrictions on the generalizability of the findings and then take into account the particular setting of the research (Hays & McKibben, 2021).

### **1.1 Problem Statement**

The transition from high school to college brings about significant changes in the lives of students, impacting their sleep habits and psychological well-being. College students often experience disrupted sleep schedules, poor sleep quality, and heightened psychological stress due to academic pressures, lifestyle changes, and environmental factors. Despite the importance of quality sleep for cognitive functioning and overall health, a considerable number of college students are facing sleep-related issues and subsequent psychological impacts. The complex interplay between living habits, such as technology usage, substance consumption, dormitory living, and academic stress, contributes to the deterioration of sleep quality and the emergence of psychological challenges. There is a growing need to investigate and understand the relationship between these factors and their combined effect on college students' sleep quality and mental health.

The limited awareness and recognition of the significance of sleep quality and its connection with mental health among college students hinder the development of effective interventions and support mechanisms. The lack of comprehensive research addressing the multifaceted influences of living habits on sleep quality and the subsequent psychological impact among college students presents a critical gap in the understanding of this issue. This study aims to bridge this knowledge gap by exploring the complex relationship between living habits, sleep quality, and psychological well-being among college students. By identifying key factors contributing to disrupted sleep patterns and the resulting psychological implications, this research seeks to provide valuable insights for developing targeted interventions and support strategies that can improve the overall health and academic performance of college students.

## 1.2 Research Objectives

- 1) To examine the impact of sleep hygiene habits on college students' sleep quality and psychological well-being
- 2) To analyze the relationship between technology usage before bedtime and college students' sleep quality and psychological well-being
- 3) To investigate the effect of substance consumption (caffeine and alcohol) on college students' sleep quality and psychological well-being
- 4) To evaluate the influence of academic stress levels on college students' sleep quality and psychological well-being

## 1.3 Significance of Study

This study's significance lies in the fact that it attempts to clarify the intricate interplay between the habits of college students, the amount of sleep they get, and their emotional well-being. It is crucial to understand the interconnectedness of today's academic pressures, rapid technological advancements, and fluctuating lifestyle choices. Exploring this complex relationship has the potential to inform policy and practise in education and mental health settings. The results of this investigation may shed light on the causes of sleep disruption among college students. The quality of our sleep has profound implications for our physical health, our ability to concentrate and learn, and our overall quality of life. Educators at all levels, from elementary school to graduate school, will benefit from a deeper understanding of the specific lifestyle issues that inhibit college students' capacity to get sufficient sleep.

The study's examination of the psychological effects of poor sleep quality may shed light on the emotional and mental toll endured by college students. High levels of academic stress, when combined with lifestyle factors like technology use and substance consumption, may increase sleep issues and the ensuing mental suffering. Finding this connection could be very useful for improving university mental health services. This study has important implications for the development of wellness initiatives aimed squarely at the collegiate population. Educators, administrators, and mental health professionals can work together to design more all-encompassing support systems if they have a deeper grasp of the interconnectedness between sleep and mental health. College students could benefit from health promotion initiatives that teach them how to get enough sleep, deal with academic stress, and make other positive lifestyle choices.

## 2. Literature Review

### 2.1 Student Psychology

Students are the future of any nation and the age between 15 to 25 is the correct time to give 100% potential so that a successful career can be accomplished. Now various things can affect

student life both positively and negatively (Das et al., 2020). Student psychology is such a thing that can be affected by various external environmental factors. The future of any student is solely dependent on his or her psychology, that is how he or she is treating time and potential. For understanding student psychology it is important to understand what psychology is and how that can impact lives. Psychology is a field of study where we can know about the way people think and behave. Thinking about some things or the thought process can reveal various characteristics of people and psychology is that field that can recover that. The behaviour of people can be different in various situations and that is why it is important to notice all the behavioural aspects and changes so that a clear idea about people's psychology can be extracted. Human behaviour is the most complex psychology to understand and that is why it is important to study the minds of students to get an idea about the future.

It is important to note that human behaviour and psychology can be different in different stages of life (Grissett & Huffman, 2019). Life can show various aspects both good and bad, based on that humans behave differently. The work of a psychologist is to interpret human behaviours so that they can be understood by which way the person will proceed. There are various aspects like attitude, lifestyle, speaking ability, leadership qualities, the problem facing and problem-solving abilities and so on which can be monitored by psychologists. Students' life is the most vulnerable stage where they can get attracted to various negative things which can ruin their life and their career as well. In this scenario, psychology plays a very important role where the students can get distracted with the psychological impacts. Attentive nature is another important part of student life and without proper attention, success cannot be achieved (Williamson, 2017). There are various parts like emotional regulations, attitude issues, motivational issues and so on which can come under student psychology.

Controlling emotions and feelings can be one of the most important parts of student psychology. Students are vulnerable to the excessive joyous celebration of excessive depression due to failure and sadness. Both of these are very bad in terms of progressing in life and further career. There will be success and failures in every part of life and that can portray real life. Life cannot be scripted like films where success will surely come after every failure. In real life, there can be many failures without any single success. But still, students have to work with their psychology for maintaining a proper winning attitude and thus success will come. Winning and losing can be more of a psychological game than a game from the brain. So if any student is mentally strong then no other vulnerabilities can hamper the process of winning mindset of any student.

## **2.2 Living habits of college students**

Students undergo various hurdles and struggles as they develop themselves for their future success and goals. It has been often Noticed and researched that students undergo various struggles be it mentally, emotionally, professionally or personally. Their ability to juggle work, studying becomes very hectic and difficult and therefore it has become a common topic among students about the need of managing their lifestyle and scheduling their work so, therefore, they can multitask (Henry et al., 2018). Students are the next generation that will define the working class, therefore this literature review is all about understanding the living habits of students during their university years or college years. Various factors influence the sleeping habits of an individual's life, a series of factors impact the sleeping habits of a student and one of them is the living habits of a students life that influences them for such sleeping habits. As previously mentioned, student psychology is a descriptive study about various external factors that impact and influences the human behaviour of students. According to the student's psychology, it mentions that the sleeping habits of a student or the way they lead their lives are

all interrelated. Every factor influences other factors, all are interconnected. According to Acharya, Jin & Collins, 2018, bad living habits and eating habits impact the sleep schedule of a student which further makes them feel more stressed and pressurized due to reduced sleep. As also previously mentioned that students' lives are hectic, they have the need to multitask to go through the day therefore all these factors have a positive or negative impact on the sleep schedule.

Living habits play a huge role in the sleep schedule of a student's life, as they are all interrelated to each other. Unhealthy living habits including unhealthy food habits, drinking habits be it caffeine or alcohol or other unhealthy living habits like unhygienic living areas, disorganized home or work schedule are some of the facts that influence the sleep schedules of a student (Calestine et al., 2017). For instance, the consumption of caffeine can reduce sleep and often caffeine is consumed on a daily and large basis by students because it helps to power through study and work and further, it reduces sleep at night. Also being disorganized at work management can create more pressure at work for those students who work part-time thus such work pressure and long work hours reduce the time students need for sleeping which is nine hours (Hanawi et al., 2020). Unhealthy living habits like being unclean and unhygienic in their living space might not create a suitable and peaceful environment for sleeping. Also, living habits like clubbing and night outs disrupt the sleep schedule. On the other hand, healthy living habits like healthy food habits, cleanliness, a defined and well-organized work and study schedule and leisure schedule increases the hours of sleep a student requires. According to Simpson & Burnett, 2019, it is all about human choices and behaviour that they take which further impacts their sleep schedule. The student living habits are also influenced by culture, student living is different in various countries. In the case of China, student life is severely pressurized with studies, the students hardly have any time for other activities. The advantage of such a lifestyle is that the students are highly focused on their studies and do not have time for other activities which may not be important. The cons of this kind of lifestyle are that it is very hectic and students feel severely pressured with their studies.

### **2.3 Influence of sleeping habits**

Sleeping habits are one of the most influential yet understated elements in psychological aspects for students as well as other persons. Humans need rest after an eventful day and hard work and that time is allocated for sleep by which people can give rest to the mind, organs and so on. Proper sleep is important and for students, 9 hours of sleep is sufficient to do all the work with a highly conscious mind (Bono & Hill, 2021). Many times it can be seen that students are not having proper sleep due to various external disturbances. Students cannot have proper sleep and due to that various problems can arise, like inattentiveness in studies, day sleepiness, obesity, eating or diet strategy change and so on. All of these are very common yet important issues that are happening with students all over the world. Due to irregular sleeping patterns, many problems can happen like hormonal irregularities, emotional irregularities, day sleepiness, and so on. These points will be discussed here and the overall importance of sleeping habits will be analysed from the perspective of students.

With sleeping irregularities, hormonal irregularities can also happen. A teenager or an adult needs a flow of various hormones in necessary amounts. Now in the sleeping body get detoxification with the help of various flowing hormones which have various works. A steady sleeping pattern can help the hormones to flow as per the necessities and therefore overall growth, mental and physical development can be possible (Stock et al., 2020). If a student is having sleep in irregular patterns and for very few hours then it can be very irregular for the body to maintain the proper working and that can damage the growth as well. Hormonal

irregularities and disturbance can create problems whose impact may last till the last breath and that is harmful indeed. For students, hormonal imbalance is not good news and if that is happening due to irregular sleeping patterns then they should change the patterns or habits immediately.

Emotional irregularities are another important factor that can happen due to less sleep and irregular sleeping patterns. There can be various emotions attached to the student life with expectations, motivation, success, failures, joy, sorrow and many more. A proper timely sleep can help to regulate these emotions as needed and the body can support those emotions as well. Sleep can help the body to be refreshed and the mind as well. Resetting or restarting the mind can be one of the most useful and important aspects which can help to increase productivity in life. Student life is all about grabbing various knowledge, skills, experiences so that those can be used in future career and personal life as well. So to increase productivity, controlling emotions is very important and sound sleep can give thinking abilities which helps to decide on what should be done and what should not be done. According to Becerra et al., 2020, without emotional control it is impossible to learn about these things and sleeping habits can grow a human body in such a way that can help in grabbing proper emotional control.

#### **2.4 Mental health of students**

In general terms, mental health does not refer to only mental disorders but it generally states the well-being of a person and how that person is coping up with the environment in terms of the normal life that he or she continues to live in. Further, it is observed how fruitfully and productively a work is done based on potentialities that they possess. It is generally observed that the sleep quality of a student is affected when it comes to their mental health and ultimately brings changes in their physical health. It also determines the level of stress a person handles in comparison to the changes in the environment and it is a very important concept starting from childhood and adolescence through adulthood but here the status of student life is taken into account to observe the experience of the student's mental health (Arango et al., 2018). In respect to students, the mental health of a student refers to the fulfilment of certain categories and how efficiently they perform such functions which mainly emphasize their ability to learn, the potential to express and manage their feelings. Most importantly it generally states how comfortable a student is concerning their friends, their seniors, and also their educators who respectively teach them. However mental health is generally a wide perspective that mainly encompasses complex human behaviour, feelings, and so on. Therefore, it has been observed that in today's world college-going students mainly come across many issues related to mental health such as panic disorder, generalized anxiety disorder, obsessive-compulsive disorder, post-traumatic stress disorder, social anxiety disorder, depression (Lipson, Lattie & Eisenberg, 2019). Moreover, they face many suicidal challenges and are also addicted to many social media, technology, alcohol, and so on. These above-mentioned mental challenges faced by the students make them backwards and are hence not able to cope up with the present environment and also their day-to-day challenges of the world, thus they continue to lag in comparison to their other mates.

Therefore, mental health issues should be analyzed with ease and with great comfort as it creates a great impact on the student's academic performance in addition to their health. Sleep is overall very important in every aspect which creates changes in almost every scenario of life. According to more and more research, it has shown that the students come across many vulnerable changes and it sometimes makes them impatient to control the emotions that emerge from sudden anxiety making them react in a negative way against the environment. In respect

to this, there are various reasons that college students overcome in their day-to-day life and hence have to deal with all these challenges to maintain a peaceful living.

### **3. Methodology**

The research approach employed in this study on the influence of living habits on the sleep quality of college students and its psychological impact emphasizes a comprehensive and structured process. This approach entails careful observation and verification of research details to yield a well-consolidated outcome. The confirmation of alignment between theories and research findings, as noted by Pandey (2019), serves as a pivotal final step. By following established procedures meticulously, researchers ensure the credibility and validity of the conclusions drawn from the research endeavor. This methodological rigor is especially important in investigating complex subjects like student psychology.

In the context of research design, the descriptive approach is chosen for its capacity to effectively handle multiple variables, such as independent and dependent variables. Descriptive research excels in addressing questions that pertain to "what," "where," "when," and "how," thus offering an in-depth analysis of phenomena. While it doesn't delve into "why" questions, the descriptive design is particularly apt for scrutinizing frequencies, trends, and characteristics. In the case of this study, its focus on exploring the impact of living and sleeping habits on student psychology aligns well with the descriptive design's strengths. The research emphasizes quantitative data collection methods, including surveys and questionnaires, to glean insights into these intricate relationships.

The data collection method chosen is quantitative, with a primary questionnaire serving as the main instrument. This approach allows researchers to elicit numeric responses from participants and scrutinize the data with a quantitative lens (Loang, 2024). Qualitative data collection, while useful for exploring opinions and experiences, might not offer the precision needed to analyze the impact of specific habits on psychology. As the research revolves around understanding student perspectives and psychological implications, employing a primary questionnaire method helps in generating accurate, specific, and up-to-date responses from students themselves (Suresh & Loang, 2024). Upon data collection, the research employs a primary questionnaire analysis method involving 25 questions. This method offers an opportunity for a face-to-face survey, enabling close observation of participants' mental states, attitudes, and mentalities. The Likert scale is employed to record responses, ensuring both authenticity and specificity of data. By adhering to this primary questionnaire approach, researchers can derive nuanced insights into the psychological impact of living and sleeping habits on college students. This method bolsters the reliability and validity of the findings.

The sampling strategy employed in the research study is simple random sampling, chosen to ensure representative selection from the larger student population (Loang, 2024). The selection of 55 participants is based on this method, allowing researchers to achieve a balance between sample size and statistical power. While acknowledging limitations such as a relatively small sample size, the study maintains methodological rigor and strives to draw meaningful conclusions from the selected subset. Ethical considerations are paramount throughout the research process. These considerations encompass clinical and social value, scientific validity, fair subject selection, a favorable risk-merit ratio, independent review, and informed consent. These principles guide the research in promoting the well-being of participants, ensuring the validity of outcomes, and safeguarding the ethical integrity of the study. By adhering to these

ethical guidelines, the research strives to maintain the trust of participants and uphold the highest standards of integrity.

Despite the meticulous methodology employed, the study acknowledges certain limitations. These include the sample size, profile accuracy, methodological challenges, data collection constraints, and the absence of an exhaustive prior study review. While these limitations pose challenges, the research aims to mitigate their impact through careful consideration and interpretation of the findings.

#### 4. Results

The methodological rigour of the study led to a number of interesting insights on how students' daily habits affect their sleep and the emotional effects of this occurrence. A deeper understanding of the complex relationships between students' living arrangements, the amount and quality of sleep they get, and their mental health can be gained by discussion of these findings.

**Living Habits and Sleep Quality:** The study discovered that there was a significant relationship between how well college students lived and slept. When the data was analysed quantitatively, it was shown that students who followed more healthy lifestyle behaviours, such as eating well, exercising regularly, and limiting screen time before bed, had much higher assessments of their sleep quality. The participants' self-reported lifestyle behaviours and sleep quality ratings were analysed for an association, and the results are shown in Table 1.

**Table 1: Correlation**

Living Habits	Average Sleep Quality Score
Healthy	7.8 ± 0.3
Unhealthy	5.2 ± 0.4

According to the facts in the table above, those who lead healthier lifestyles tend to sleep better than those who don't. Better sleep quality is associated with healthy lifestyle choices, and individuals who follow them report feeling healthier as a result.

**Psychological Impact:** College students' mental health was examined to see how getting too little sleep affected them. The results showed that students who got enough shut-eye had an easier time focusing and staying upbeat. Those who slept poorly reported higher levels of tension, anxiety, and academic performance problems. Table 2 provides a summary of the impact of the two sleep quality categories on cognitive performance.

**Table 2: Psychological Impacts**

Sleep Quality	Positive Psychological Impact	Negative Psychological Impact
Good	68%	32%
Poor	30%	70%

Positive mental benefits, such greater focus and contentment, are more common in persons who get enough quality sleep, as seen in Table 2. Negative psychological impacts, such as increased stress and impaired capacity to learn, were more common among those who reported poor sleep quality.

**Moderating Role of Living Habits:** Daily routines' effect on the correlation between sleep and mental health was also studied. Students who followed generally healthy lives were more

likely to report a favourable correlation between sleep quality and its psychological benefits. Only persons with generally unhealthy lives showed a correlation between poor sleep quality and increased negative psychological impacts. The outcomes of this interaction are shown in Table 3.

**Table 3: Intersection**

Living Habits	Positive Impact of Good Sleep Quality	Negative Impact of Poor Sleep Quality
Healthy	Strong	Moderate
Unhealthy	Moderate	Strong

As can be shown in Table 3, adopting a healthy lifestyle might mitigate the unfavourable psychological effects of inadequate sleep by strengthening the correlation between high-quality sleep and positive emotions. Conversely, unhealthy living choices reinforce the connection between poor sleep quality and negative psychological impacts.

The findings of this study underscore the significance of lifestyle factors in affecting sleep quality and mental health among university students. The results lend support to the theory that a shift toward a healthier lifestyle can improve sleep quality and mental health consequences. There is a correlation between healthy living habits, good sleep quality, and positive psychological effects, thus interventions aimed at boosting these can have a significant impact on students' mental and emotional health.

These findings demonstrate the bidirectional nature of the relationship between adequate sleep and psychological well-being. Getting enough sleep has been linked to improved mental health, but the opposite is also true. Not getting enough sleep has been linked to feelings of stress and anxiety as well as lower academic performance. The study's recognition of the moderating effect of lifestyle choices further emphasises the complex interplay between numerous factors influencing students' mental health.

The findings provide important insight into the interconnected network of factors influencing students' mental health, including the quality and amount of their sleep. The findings lend credence to the contention that adopting a healthy lifestyle is essential for enhancing both sleep quality and mental well-being. Implications for schools and politicians can be drawn from these findings, as they highlight the need for integrated approaches that target children's lifestyle choices in an effort to enhance their sleep and mental health.

## 5. Discussion and Conclusion

The study on the impact of living practises on sleep quality has revealed important insights into the complex interplay between lifestyle features, sleep patterns, and psychological well-being among college students. The discussion of these findings sheds light on their significance and relevance more generally. Previous research in the field of sleep science has discovered a strong link between adopting a healthy lifestyle and having better sleep. Improved sleep quality was consistently reported by those who reported engaging in better behaviours, such as engaging in regular physical activity, eating healthily, and limiting screen time in the hours before bed. This finding emphasises the need of promoting holistic well-being among college students, as adopting healthier lifestyles has a positive effect on their sleep patterns. This kind of study can help schools create wellness programmes that put kids' emotional and physical well-being ahead of their academic success.

The research is further proof of the complexity of the link between sleep and well-being, as it looks at the effect of sleep quality on mental health. Those who got sufficient shut-eye claimed to have better memory, temperament, and mental wellness in general. Those who had trouble sleeping on a regular basis were more likely to suffer from stress, anxiety, and academic underachievement. These results show that sleep is crucial to the development of students' psychological and emotional well-being. The results of this study back up the argument for comprehensive academic support systems, with an eye toward enhancing students' rest and learning. However, the relationship between sleep quality and mental health is complicated further by the fact that lifestyle factors modify it. Good sleep is enhanced by healthy lifestyle choices, and the negative effects of poor sleep are lessened. Taking this into consideration suggests that treatments aimed at improving students' sleep quality should consider more than just students' sleep hygiene regimens. Efforts to promote healthy lifestyle behaviours may have synergistic advantages, such as enhancing sleep quality and psychological resilience.

The findings of this study provide important insight into the interplay between the lifestyle choices, sleep quality, and mental health of college students. The current data shows that a healthy lifestyle is associated with better sleep and positive mental health outcomes. With an increased emphasis on student well-being, these findings give schools concrete ways to boost the physical and emotional health of their pupils. The study's findings have repercussions beyond the classroom since they emphasise the significance of comprehensive approaches to student health. A more positive and fruitful learning environment can be created by addressing students' sleep and mental health as a whole, rather than tackling one issue at a time. This study's findings also highlight the potential of programmes that promote healthier lives, as these initiatives may have long-term positive benefits on students' sleep and mental health. The study's limitations, such as its small sample size and the inaccuracy of self-reported information, must be kept in mind, though. Future research might benefit from using larger and more diverse populations, as well as using objective measures of sleep quality. Despite these limitations, the study provides useful information about the health of college students and emphasises the role of lifestyle factors in understanding sleep and mental health.

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