

## **A11 Personal and lifestyle factors associated with sleep quality among Malaysian undergraduate students during COVID-19 pandemic**

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Poor sleep quality can lead to several health risks such as gastrointestinal problems, depression, anxiety, type 2 diabetes mellitus, cognitive impairment as well as the abuse of addictive substances. University students are vulnerable to poor sleep quality because they need to face new challenges such as online learning during COVID-19 pandemic. Recent studies have shown that university students had worse sleep quality during COVID-19 pandemic. However, local study on sleep quality of university students during the pandemic is lacking. Therefore, this cross-sectional study aimed to determine the factors associated with sleep quality among undergraduate students in Malaysia during COVID-19 pandemic. An online survey was completed by 377 respondents ( $M_{age}=21.85$ ,  $SD=1.59$  years) from 16 June to 31 July 2021 regarding sociodemographic background, sleep quality, academic performance, chronotype pattern, night eating syndrome, food security, physical activity, internet addiction and self-reported body weight and height. The prevalence of poor sleep quality was 62.3%. Those who were Malay (AOR=3.84, 95% CI=2.07–7.11), in the arts stream (AOR=2.55, 95% CI=1.20–5.42), and internet-addicted (AOR=2.14, 95% CI=1.22–3.77) had higher risk of developing poor sleep quality. On the other hand, respondents who lived in rented house (AOR=0.38, 95% CI=0.16–0.88), were sophomores (AOR=0.49, 95% CI=0.25–0.99), and were the morning chronotype (AOR=0.35, 95% CI=0.17–0.72) were less vulnerable to poor sleep quality. In conclusion, this study found high prevalence of poor sleep quality among undergraduate students during the COVID-19 pandemic. It was suggested that by preventing internet addiction and evening chronotype may improve overall sleep quality of university students.