

The Relationship Between Chronotype, Well-Being and Sleep Among College Students

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ABSTRACT

There are many factors that can impact people's quality of life such as sleeping patterns, eating habits, and other health behaviours. Current scientific evidence indicates that there is a possible relationship between the aforementioned variables. Additionally, insomnia is a common sleep disorder that can significantly impact an individual's quality of life. Therefore, this study aims to investigate; (i) the relationship between chronotypes and health behaviors among university students in Saudi Arabia; (ii) explore the prevalence of insomnia among university students and its potential impact on their health behaviors. A cross-sectional study design was used. Data was collected from a convenience sample of 325 Umm Al Qura University students via an electronically validated Arabic-language survey distributed from October 2022 to March 2023. Students classified as evening persons reported significantly higher levels of insomnia compared to those classified as intermediate and morning persons ($p < 0.001$). Insomnia was negatively correlated with energy/fatigue, emotional well-being, social functioning, and general health ($p < 0.001$), indicating a broader impact on well-being beyond sleep-related issues. Chronotype was significantly associated with several aspects of well-being ($p < 0.05$), including role limitations due to physical and emotional problems, energy/fatigue, emotional well-being, social functioning, and general health, highlighting the potential impact of an individual's sleep-wake preferences on their overall health and well-being. Factors such as social jetlag, psychological disorders, and lifestyle habits may contribute to the association between chronotype and well-being outcomes. These findings could have important implications for the development of interventions to improve sleep and well-being among university students.

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