

Influence of sleep quality on medical students' academic performance

Influência da qualidade do sono no desempenho acadêmico de estudantes de medicina

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ABSTRACT

Objective: To identify the main factors affecting medical students' sleep quality and the probable relationship between sleep and academic performance throughout the course. **Methods:** A cross-sectional qualitative study was carried out at a private higher education institution in the city of Araguari (MG), Brazil. The sample consisted of 110 regularly enrolled medical students. A sociodemographic questionnaire and the Pittsburgh Sleep Quality Index Questionnaire were applied. Statistical analysis was performed using the one way analysis of variance test with the post-hoc Tukey test, two way analysis of variance Test, and Student's t-test. **Results:** Out of the 105 students analyzed, 19.04% (n=20) were classified as "good" sleepers and 80.95% (n=85) as "poor" sleepers. No statistically significant difference was observed between the Pittsburgh Sleep Quality Index Questionnaire scores and the students' grades averages or the students' academic terms. **Conclusion:** The majority of the students was classified as "poor" sleepers. The use of energetic substances and the female sex were the two significant factors that may affect sleep quality. There was no relationship between sleep quality and academic performance.

Keywords: Sleep; Sleep deprivation; Students, medical; Memory consolidation

RESUMO

Objetivo: Identificar os principais fatores que afetam a qualidade do sono de acadêmicos de medicina e a provável relação entre o sono e o desempenho escolar ao longo do curso. **Métodos:** Estudo transversal de cunho qualitativo realizado em uma instituição privada de ensino superior da cidade de Araguari (MG). A amostra foi constituída de 110 acadêmicos do curso de medicina regularmente matriculados. Aplicaram-se um questionário sociodemográfico e o Questionário Índice de Qualidade de Sono de Pittsburgh. A análise estatística foi realizada pelo teste de análise de variância *one way* com *post-hoc* de Tukey, teste de análise de variância *two way* e teste *t* Student. **Resultados:** Dos 105 estudantes analisados, 19,05% (n=20) foram classificados como bons dormidores e 80,95% (n=85) como maus dormidores. Não houve diferença significativa entre o escore do Questionário Índice de Qualidade de Sono de Pittsburgh e as médias de notas semestrais, tampouco entre o escore do questionário e os períodos letivos. **Conclusão:** A maioria dos acadêmicos foi classificada como maus dormidores. Uso de substâncias energéticas e sexo feminino foram os fatores significativos que podem afetar a qualidade do sono. Não houve relação entre a qualidade do sono e o desempenho acadêmico.

Descritores: Sono; Privação do sono; Estudantes de medicina; Consolidação da memória

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INTRODUCTION

Sleep is an active, repetitive, and reversible behavior, which interferes with many different physiological functions, including learning processes and memory consolidation.¹ In cases of sleep deprivation, which have increased in modern society, these functions may be secondarily affected.¹ During sleep, the restructuring of all the physiological functions of the organism takes place. Sleep restores the functional conditions of the preceding waking period.² An adult requires an average of 7 to 8 hours of sleep within 24 hours.³

Learning process is a cognitive activity stemming from memory consolidation, and sleep plays a fundamental role in this process.⁴ Understanding the phenomenon of sleep, considering its several aspects, is a scientific procedure to seek solutions for sleep disorders, to achieve a satisfactory performance throughout daily activities.⁴ Sleep disorders entail several repercussions to humans, resulting in loss of quality of life, autonomic dysfunction, decrease in the professional or academic performance, increased incidence of psychiatric disorders and decrease in vigilance, with damages to personal security and consequent increase in the number of accidents.⁵

Restriction and fragmentation are the most common causes of sleep impairment.⁶ Sleep deprivation may be a result of work or curricular demands, family responsibilities, use of medication, personal factors, and lifestyle.⁶ Fragmentation results in inadequate sleep quality and duration, and it is a consequence of biological and/or environmental factors causing interruptions.

In this context, medical students form a group prone to have sleep disorders due to their full time curricular load, extracurricular activities, high stress and pressure towards high performance, and the time demanded for studies.⁷

Therefore, due to the lack of studies relating sleep quality and academic development, and due to the likelihood of medical students to develop an irregular sleep-vigilance pattern and a high prevalence of sleep disorders, the present study aimed to uncover the prevalence of poor sleepers (PS) and identify, by means of a validated questionnaire, the main factors affecting sleep quality of this population and the likely relationship between sleep and academic performance throughout the course.

METHODS

This is a cross-sectional, qualitative-quantitative study carried out at a private institution of higher educa-

tion in the city of Araguari (MG), Brazil. The study sample was calculated using F tests – one-way analysis of variance (Anova) and consisted of 110 medical students regularly enrolled in the first semester of 2017. Students from the first to the 11th term were included in the study. Those who were not following the regular hour load (students repeating failed modules), those who were under the age of 18, and those who did not fill out the research instruments properly were excluded.

Students were invited to participate in the study through a verbal invitation. After elucidations on the methodology and study objectives, they signed a free and informed consent form, volunteering for the research. Next, students answered a structured questionnaire with sociodemographic data exclusively developed for this research, including questions related to age, sex, marital status, number of children, medication use, consumption of energy drinks and alcoholic beverages, practice of physical and leisure activities, and existence of chronic-degenerative and metabolic diseases. They also answered a sleep quality assessment instrument, the Pittsburgh Sleep Quality Index (PSQI), validated into Brazilian Portuguese.⁸ This instrument analyzes seven components: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleeping medications, and daytime dysfunction. The score varies from zero to 21 points. Scores ≥ 5 indicate PS and possible sleep disorders.

Data storage and tabling were done in Microsoft Excel®, version 2013, and GraphPad Prism 5.0.

The descriptive data treatment was performed after these procedures. The one-way Anova test with Tukey *post-hoc*, two-way Anova, and Student's *t* test assessed the data of questionnaires and the average grade of the students during the terms studied. The significant value for analysis was $p < 0.05$.

The study was approved by the institution's human research ethics committee. Ethics committee process number: CAAE: 62725516.7.0000.8041.

RESULTS

The study population consisted of 110 students. Five were eliminated due to inappropriate filling of instruments, totaling 105 participants. Out of them, 76 students were in the first through the fourth year, and 27 were in the internship (fifth to sixth year). Out of participants, 62% were female ($n=65$). Students' average age was 23.4 ± 4.0 years; the lowest average age was of students of the first year, 20.6 ± 2.8 years old; and the fourth year had the highest average age, 27.2 ± 5.5 years old. Regarding their marital status, the majority of students,

92% (8), were single. In relation to their body mass index (BMI), 75% of students were eutrophic, 18% (n=19) were overweight, 3.5% (n=4) were obese level 1, and 3.5% (n=4) were underweight. Out of the total number of volunteers, 54% (n=57) were sedentary.

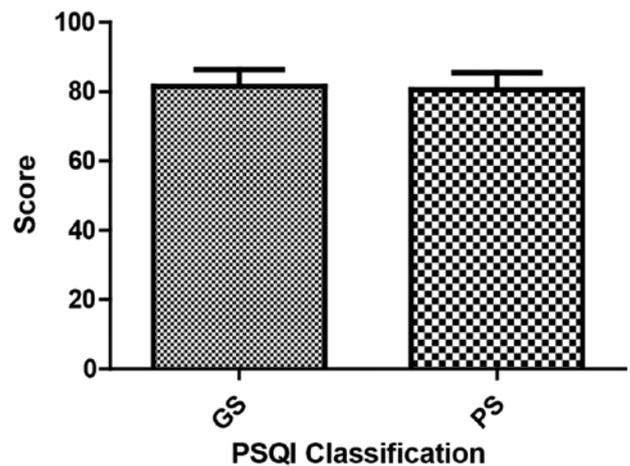
Of the volunteers, 34% (n=36) reported making continuous medication use, and oral contraceptives were the most common; 79% (n=83) used stimulant substances, of which 57% (n=48) reported using them four or more times per week. Ten participants (11%) presented chronic diseases, listed as thrombocytopenic purpura, asthma, diabetes, rheumatoid arthritis, isolated systolic hypertension, hypothyroidism, migraine, and aortic and bicuspid valves stenosis. Of these, only 50% (n=5) were taking continuous medication.

In relation to the overall PSQI score, 20 students, out of 105, presented scores up to five points, that is, 19.05% of the students were classified as good sleepers (GS), and 85 students presented scores >5, that is, 80.95% were classified as PS. Table 1 describes the data of the sociodemographic profile of GS and PS.

In the analysis between sleep quality and academic performance, there was no significant difference in students' performance, as the average grade of GS was 81.5±4.84 and of PS was 80.5±4.92 (Figure 1). The PSQI scores did not present significant differences when analyzed for each term, that is, the term studied did not influence the students' sleep quality (Figure 2).

DISCUSSION

During medical school, students are subjected to rigorous schedule and curricular obligations. This lifestyle may lead to sleep deprivation, which can compromise one's quality of life and academic performance by negatively affecting memory and learning. Therefore, assessing the sleep quality through PSQI in medical students helps creating awareness actions to balance study, quality of life, and academic performance.



GS: good sleepers; PS: poor sleepers; PSQI: Pittsburgh Sleep Quality Index. p<0.05 for Student's t test.

Figure 1. Comparison of average grades per semester between good and poor sleepers. There was no significant difference in the average grades per semester between good and poor sleepers.

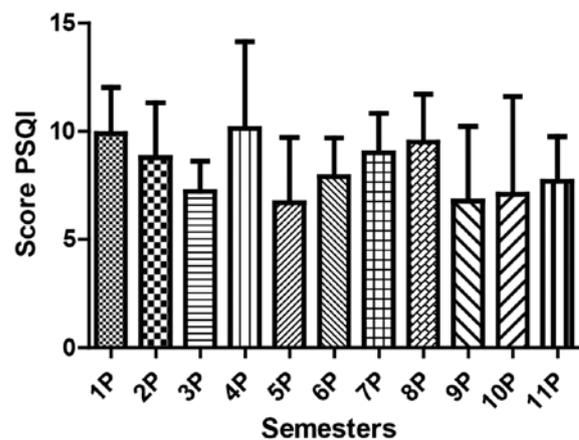
Table 1. Sociodemographic profile of good and poor sleepers

Variables	Good sleepers	Poor sleepers
Sex		
Male	16 (80)	24 (28.24)*
Female	4 (20)	61 (71.76)*
Age	23.95±3.76	23.31±4.09
BMI	24.18±3.63	22.66±2.97
Alcoholic beverages intake		
Yes	18 (90)	67 (78.82)
No	2 (10)	18 (21.18)
Smoking		
Yes	0	3 (3.52)
No	20 (100)	82 (96.48)
Physical activities		
Sedentary	10 (50)	47 (55.30)
Physically active	10 (50)	38 (44.70)
Use of stimulant substances		
Yes	11 (55)	72 (84.71)*
No	9 (45)	13 (15.29)*

Results presented as n (%) or means ± standard deviation.

* This variable presented a significant difference between good and poor sleepers, p<0.05 in the One-way analysis of variance test.

BMI: body mass index.



p<0.05 for two-way analysis of variance.

PSQI: Pittsburgh Sleep Quality Index; P: term.

Figure 2. Comparison of the Pittsburgh Sleep Quality Index scores between semesters. There was no significant difference between Pittsburgh Sleep Quality Index scores from semester 1 to semester 11. In all semesters, medical students were classified as poor sleepers.

In this study, 80.95% of participants were ranked as PS, out of which 71.76% were women and 28.24% were men. A similar study by Weber et al.⁹ found a prevalence of 87.1% of PS (PSQI score <5). A study by Montibeller et al.¹⁰ involving medical students used PSQI and the Epworth sleepiness scale to demonstrate that women presented longer sleep duration, more sleep disorders, and greater occurrence of daytime dysfunction. Sex similarity was found when analyzing the overall PSQI score.

This demonstrates that most medical students do not have adequate sleep quality, and women are more likely to present sleeping disorders.

The present study found no significant difference with regards to the influence of sleep quality on the students' academic performance. However, a study conducted by Medeiros et al.⁵ with medical students in the third, fourth and seventh semesters assessed their grades in a curricular evaluation, after which they applied PSQI. They found that the students who presented the worst performance had more irregular sleep, with a higher standard deviation of sleep onset, delayed sleep onset, and shorter sleep duration. Bicho¹¹ conducted a study with medical students in the first, third and sixth years, comparing students' average grades with PSQI. A significant difference for the sixth year was found, leading to the conclusion that those with the highest average grades presented better sleep quality (PSQI 1 to 5) and those with the lowest averages presented lower sleep quality. The same study by Bicho¹¹ observed that the distribution of students' average grades was higher for those with "great" sleep quality, and lower for those with "poor" sleep quality. Differences were significant, meaning that the lowest grades are related to a PSQI score ≥ 8 (poor sleep quality).

Concerning physical activity, 54.2% of the study sample was sedentary. Maia et al.¹² found a similar result. They studied the level of physical activities of medical students from Fortaleza using the International Physical Activity Questionnaire (IPAQ), and classified 51.2% of the study sample as sedentary. In another study involving 800 medical students from several Brazilian institutions, 50% (n=402/800) of participants revealed that they practiced fewer physical exercises than they would like due to their extensive academic credit hours.¹³ However, regular physical exercises can contribute to one's quality of life, improving physiological abilities, reducing depression and anxiety, and contributing to sleep efficiency and quality.¹⁴

Concerning drug use, 80.05% of students affirmed they drink some type of alcoholic beverage, and 3.52% of them used tobacco. A study involving medical stu-

dents from four institutions of Fortaleza assessed the prevalence of alcohol and tobacco consumption. They presented similar results regarding alcohol intake, as 81.20% of the study population drink alcoholic beverages, and a higher rate of smoking students, as 24.6% affirmed to have used tobacco.¹⁵ However, the use of tobacco may be higher in the study sample because a few so-called "social smokers" may have not declared their use of tobacco, which is only done occasionally, at parties, for example.

This study found no significant difference regarding alcohol intake and GS and PS. A similar result was found by a study conducted at a federal university of Fortaleza, Brazil, with students of four areas (Sciences, Agrarian Sciences, Humanities and Technology) and five schools (Law, Education, Economy, Business Administration, Economics and Actuarial Sciences, Pharmacy, Dentistry and Nursing). They applied the Brazilian version of Alcohol Use Disorders Identification Test (AUDIT) to classify the pattern of alcohol consumption and PSQI to assess the sleep quality. Smoking was divided into four categories (daily smokers, occasional smokers, ex-smokers, and non-smokers).¹⁶ This study also did not find any statistically significant proportional differences between students who were "good" and "poor" sleepers and alcoholism.¹⁶

The present study found that 79.04% (n=83) of the participants used stimulant substances, and 86.74% (n=72) of these students were PS, thus presenting a statistical relation between PS and use of stimulant substances. A different result was found by Ribeiro et al.⁶ They assessed the sleep quality of 184 medical students using PSQI; 82% (n=148) of them denied they used stimulant substances, and 23.8% (n=43) were GS. Different from the present research, Frasson et al.¹⁷ applied PSQI to 153 medical students and found that 60.8% (n=93) were PS, and 24.83% of the total used some kind of stimulant substance.

One limitation of the present study was the non-randomization of the sample.

Additionally, although significant, the sample calculated was insufficient to produce possible relevant results after correlations between the semesters. Furthermore, the Epworth Sleepiness Scale, which has been used in similar studies, could have been used in the present research to assess daytime sleep dysfunction. Another limitation of the cross-sectional study is that it is not possible to establish cause and effect relations.

CONCLUSION

Most medical students were classified as poor sleepers. The use of stimulant substances and the female

sex were the significant variables that could affect sleep quality. Additionally, there was no relationship between sleep quality and academic performance.

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