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**University students, caffeine consumption and stress: Effects on sleep quality and daytime functioning****Frances O'Callaghan and Kyle Wyatt**  
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**Statement of the Problem:** Poor sleep quality and excessive daytime sleepiness are positively associated with common mental disorders such as depression, anxiety and somatoform disorders, as well as lapses in concentration and daytime tiredness. These relationships are complicated among university students who have high caffeine consumption and high stress, both of which affect sleep quality.

**Methodology & Theoretical Orientation:** This was a quantitative study involving 175 full-time university students from 17 to 25 years (mean=19.43, SD=2.06). Students completed an online questionnaire about their sleep quality, daytime functioning, caffeine consumption and recent level of stress symptomatology.

**Findings:** Poor quality sleep was associated with diminished daytime functioning. Increased caffeine consumption influenced daytime functioning by lowering the quality of an individual's sleep. However, the relationship between quantity of caffeine consumption and sleep was dependent on the time of day the caffeinated beverages were consumed. Increased stress was related to both reduced sleep quality and reduced daytime functioning.

**Conclusion:** The findings highlight the implications for daytime functioning of university students not getting sufficient quality sleep, and the role of lifestyle factors pertaining to caffeine use and stress.

**Biography**

Frances O'Callaghan is a Health Psychologist in the School of Applied Psychology in Griffith University. Her research focuses on psychosocial influences on health and illness, sleep disorders and fetal alcohol spectrum disorders.

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