

# Letter to the Editor: Sleep Quality and its Daytime Effects among University Students in the UAE

Mahmood Dhahir Al-Mendalawi\*

Department of Pediatrics, Al-Kindy College of Medicine, University of Baghdad, Baghdad, Iraq

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\*Corresponding author: [mdalmendalawi@yahoo.com](mailto:mdalmendalawi@yahoo.com)

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*Dear Editor,*

We want to comment on the research by Shantakumari et al,<sup>1</sup> published in the March 2024 issue of the Oman Medical Journal. On using Pittsburgh sleep quality index (PSQI) instrument, Shantakumari et al,<sup>1</sup> found that 57.2% of undergraduate students of Ajman University, United Arab Emirates had irregular bedtimes. There was a positive association between the global PSQI score and the irregular bedtime frequency ( $p < 0.010$ ). In addition to the numerous study limitations stated by Shantakumari et al,<sup>1</sup> we present another valued limitation. The PSQI instrument is broadly employed to ascertain sleep quality among individuals for clinical and research purposes. To hasten the applicability and proficiency of the PSQI instrument, its translation, cultural adaptation, and validation for a given population are deemed essential and irreplaceable. Various populations-specific PSQI versions were derived revealing acceptable reliability and validity for gauging sleep dysfunction in research and clinical settings.<sup>2-4</sup> Interestingly, a validated, culturally-based, psychometric Arabic version of the PSQI instrument is formulated for adolescents and youths. Factor analysis revealed that a single factor could explain 30.3% of the overall variance and yielded a favorable factor load for all PSQI elements, thus confirming the construct validity. The reliability analysis depicted an acceptable internal consistency (Cronbach's  $\alpha=0.6$ ).<sup>5</sup> Although Shantakumari et al,<sup>1</sup> didn't state which version of the PSQI instrument was used in the study methodology, we believe that referring to the non-Arabic PSQI version could put into question the study findings. Irrespective of the study limitations, the reported irregular bedtime prevalence among the study population (57.2%),<sup>1</sup> is alarmingly high. There is a need to implement tailored measures to enhance healthy sleep among university students, improve their study atmosphere and academic performance, and consequently settle a positive quality of life.

## References

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