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Title: *Sleeping patterns and perceived stress among pharmacy students and faculty*

#### Abstract

**Purpose:** Sleep is an important tool to keep our bodies healthy. It is recommended that adults 18 and older get at least 7 hours or more of sleep each night. Many pharmacy students and faculty may sacrifice sleep in order to study for an exam, to finish homework, work or due to family duties. This study looks at the relationship between stress levels and hours of sleep in pharmacy staff and students.

**Methods:** The data from this descriptive, quantitative study was obtained from one hundred and ninety five students and faculty from a school of pharmacy in Illinois. Participants completed a survey that included the Pittsburgh Sleep Index (PSQI), Perceived Stress Scale (PSS), and original questions regarding school and personal performance. The primary outcome of the study was to see the impact sleep has on perceived stress levels. The secondary outcomes examined the reasons behind poor sleeping patterns, academic and daily performance.

**Results:** PSQI and PSS scores did not vary much between professional year one (P1) to professional year three (P3) students. However, there was a significant difference in the PSQI and PSS scores when comparing students to faculty. The average PSQI score for all participants was 6.8 ( $\pm 2.79$ ) with a score greater than 5 indicating poor quality of sleep. This shows a score of poor sleep in 150 out of 196 (77%) of the total subjects. The average PSS score was 19.8 ( $\pm 7.27$ ) on a scale of 0-40 with a greater number meaning an increased level of stress.

**Conclusion and Future Directions:** Overall, participants that reported higher quality sleep had lower PSS scores indicating less perceived stress over the past month. There have been few studies completed that compare both PSQI and PSS scores in pharmacy students. More studies need to be done to accurately determine the impact sleep has on perceived stress levels.