



# Studying Alone: The Link between Loneliness and Poor Sleep Hygiene

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## BACKGROUND

- ❖ Covid-19 has left a major gap in the social lives of many people, **especially students**.
- ❖ In a society with **less social and physical interaction** for college students, there seems to be a **rise in loneliness**, leading us to wonder how this can **negatively** impact our health.
- ❖ Insufficient sleep can lead to **chronic diseases** such as cardiovascular disease, hypertension, and Alzheimer's.



## OBJECTIVE

- ❖ The objective of this study is to examine the relationship between loneliness and poor sleep hygiene in college students.



## METHODS

- ❖ Self-reported data were collected using a **Google Forms survey**.
- ❖ Exposure: **UCLA 3-item loneliness scale**
- ❖ Outcome: **Sleep Hygiene Index (SHI)**.
- ❖ SPSS was used to conduct Pearson Correlation and Linear Regression analysis.

### Procedures for Recruiting Participants

#### Method 1

Social Media Posts:  
Instagram  
Facebook  
Twitter



#### Method 2

Flyers:  
Post flyers with QR code in college libraries, classrooms, common areas, restrooms



#### Method 3

Email Alerts:  
With help from our professor and department, survey will be emailed to BSPH peers



## RESULTS



Table 1. Participant Characteristics

Variables	n=64	%	
Sex	Female	33	51.6
	Male	30	46.9
Age (y)	Prefer not to say	1	1.6
	18-19	8	12.5
	20-21	24	37.5
	22-23	23	35.9
	24-25	4	6.3
	26+	5	7.8
Ethnicity	Middle Eastern/Arabic	31	48.4
	East Asian	11	17.2
	Hispanic/Latinx	6	9.4
	White	4	6.3
	South Asian	3	4.7
	Southeast Asian	2	3.1
	Black or African American	2	3.1
	Other	5	8.0
Loneliness Score	Mean ± SD	5.5 ± 1.9	
Sleep Hygiene Score	Mean ± SD	17.3 ± 4.8	

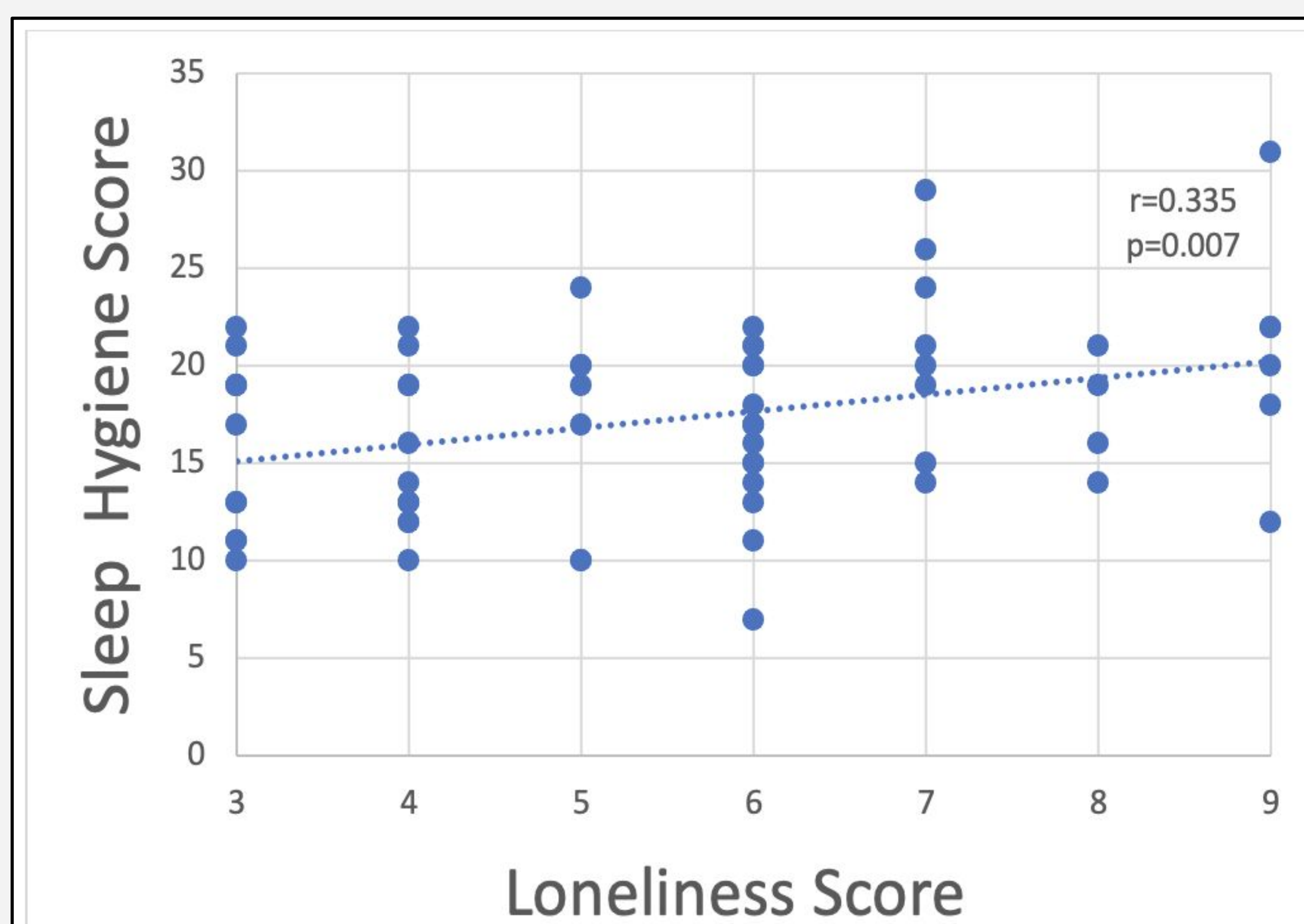
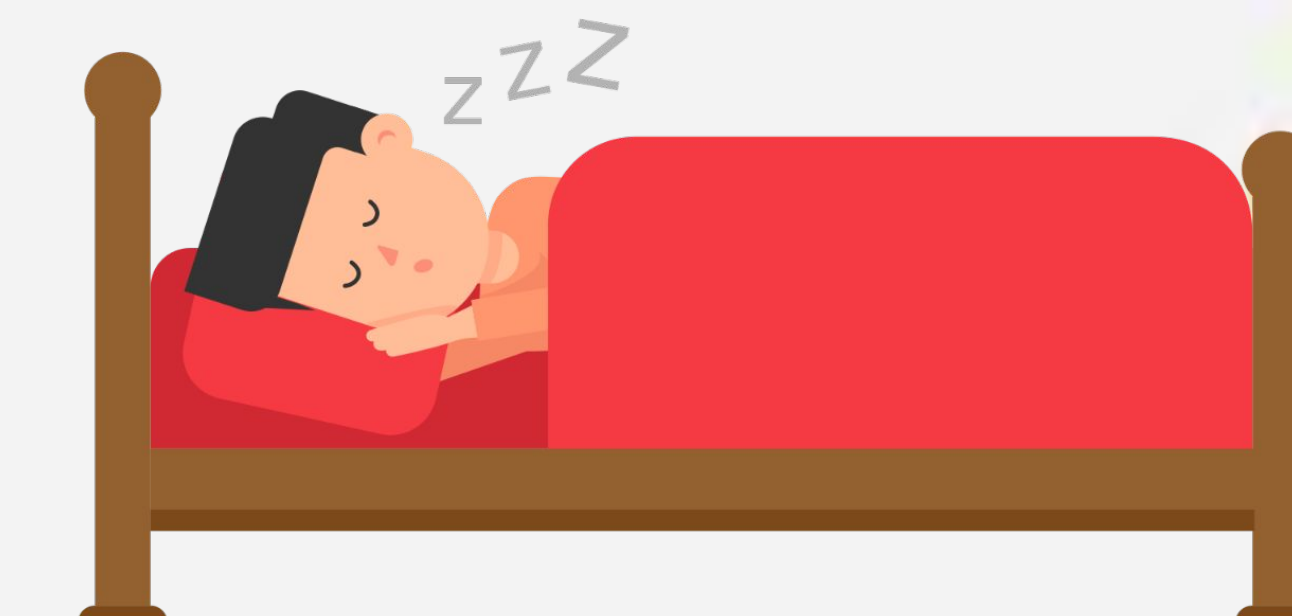


Figure 1. Pearson Correlation between exposure (Loneliness Score) and outcome (Sleep Hygiene Score)

Pearson's Correlation demonstrated a **significant moderate positive correlation** between loneliness and sleep hygiene scores.

## CONCLUSIONS

- ❖ Results show that greater perceived loneliness is associated with poorer sleep hygiene.
- ❖ **Lack of meaningful social connections** may lead to negative emotions that **diminish motivation** to practice healthy sleep behaviors.
- ❖ Overall, perceptions of loneliness **prevent a restful night's sleep**.



## POLICY IMPLICATIONS

- ❖ Future research should focus on **intervention studies** aimed at reducing loneliness and improving sleep hygiene in college students.
- ❖ Colleges and universities can take action by initiating more **social connection programs**, developing **digital mental health resources**, and creating **integrated campus services** for collaborative support.