

## RESUMO - CIÊNCIAS DA SAÚDE

### **EFFECTS OF STRESS ON SLEEP QUALITY AND DAYTIME SLEEPINESS IN UNIVERSITY PROFESSORS**

*Ieza Cristina Muniz Martins (ieزامuniz1@gmail.com)*

*Sérgio Gomes Da Silva (sergio.gomes@uniredentor.edu.br)*

*Dr. Fabrizio Dos Santos Cardoso (fabriziocardoso@yahoo.com.br)*

Sleep quality and stress levels can impact university professors' physical and mental health. Indeed, high academic demands, multiple responsibilities, and strict deadlines contribute to the increase in perceived stress, which can affect sleep quality and cause excessive daytime sleepiness. This study investigated the relationship between sleep quality, daytime sleepiness, and perceived stress in a sample of university professors (n=59) using the Pittsburgh Sleep Quality Index (PSQI), the Epworth Sleepiness Scale (ESS), and the Perceived Stress Scale (PSS-10). The results revealed that 67.80% of the participants had poor sleep quality, while 69.49% reported daytime sleepiness. Stress was identified as a central factor, with 67.80% reporting moderate and 8.47% high-stress levels. Significant correlations were found between perceived stress and sleep quality, and between perceived stress and daytime sleepiness. Our findings indicate that stress can worsen both sleep quality and daytime sleepiness in university professors, suggesting the need for interventions focused on mental health and well-being.

Palavras-chave: university professor; stress; sleep quality; daytime sleepiness; mental health.

