

ABSTRACT

Sleep is a vital physiological process that plays a key role in maintaining both physical and mental health. University students often experience a decline in sleep quality due to unhealthy lifestyle habits. This study aims to analyze the relationship between lifestyle and sleep quality among students of the Industrial Engineering Study Program at Telkom University. A quantitative research approach was employed, using the Pittsburgh Sleep Quality Index (PSQI) to assess sleep quality and the Health Promoting Lifestyle Profile II (HPLP II) to measure lifestyle. The study involved a sample of 290 students from the 2021, 2022, and 2023 cohorts. The results indicate that 93% of respondents have poor sleep quality, while only 7% have good sleep quality. Meanwhile, students' lifestyle scores were categorized as moderate (45%) and good (42%), with a small proportion classified as low (6%) and very good (7%). The Spearman correlation test showed a significant relationship between lifestyle and sleep quality, with a correlation coefficient of -0.154 and a significance value of 0.009. The four lifestyle components that most strongly influence sleep quality are health responsibility, physical activity, spiritual growth, and stress management. This study concludes that the better the students' lifestyle, the better their sleep quality. These findings are expected to serve as a foundation for developing health promotion programs aimed at improving students' sleep quality and academic productivity.

Keywords: *Lifestyle, Sleep Quality, University Students, PSQI, HPLP II.*