This cross-sectional survey study examined exercise, sleep quality, and quality of life (QOL) in 1,230 Taiwanese university students. Compared with women, men had higher body mass index (BMI) (22.3 ± 4.1 vs 20.7 ± 3.5 kg/m²), higher exercise frequency (2.6 ± 1.7 vs 2.0 ± 1.4 d/wk), better sleep quality (global Pittsburgh Sleep Quality Index 6.0 ± 2.8 vs 6.5 ± 2.7), better physical QOL (physical component summary 52.7 ± 6.2 vs 51.7 ± 6.6), and higher reporting of good self-perceived health (62.2% vs 43.3%) (P < .01). However, gender differences were nonsignificant after multivariable adjustment. Exercise frequency, sleep quality, and QOL were significantly intercorrelated. After multivariable adjustment, self-perceived health and satisfaction with exercise participation predicted quality of sleep and QOL (P < .01). Exercise frequency was positively correlated (P = .012), and exercise intensity was negatively associated (P < .001) with physical QOL. In conclusion, those who regularly exercised (at least 1 d/wk or 2.5 h/wk) had better QOL. Students with better self-perceived health or satisfaction with exercise participation also had better quality of sleep and better QOL.

Keywords: exercise, sleep quality, quality of life, university students, Taiwan

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