**Table 2. The univariate analysis of influencing factors related to sleep quality among female**

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| --- | --- | --- | --- | --- | --- |
| Variables | Category | Good sleep quality | Poor sleep quality | Statistic value | *P* value |
| dormitory noise | no | 219（45.5） | 262（54.5） | =12.687 | ＜0.001 |
| yes | 49（29.7） | 116（70.3） |
| bright dormitory light | no | 89（36.2） | 157（63.8） | =4.610 | 0.032 |
| yes | 179（44.8） | 221（55.3） |
| time spent on mobile phones before sleep | ≤45 min | 200（47.7） | 219（52.3） | =19.167 | ＜0.001 |
| ＞45 min | 68（30.0） | 159（70.0） |
| smoking | never | 263 | 360 | *Z*=1.969 | 0.049 |
| occasional | 5 | 14 |
| often | 0 | 4 |
| drinking | never | 186 | 219 | *Z*=3.023 | 0.003 |
| occasional | 81 | 154 |
| often | 1 | 5 |
| coffee intake before sleep | never | 59 | 75 | *Z*=2.517 | 0.012 |
| occasional | 182 | 258 |
| often | 27 | 45 |
| skipping breakfast | never | 102 | 99 | *Z*=3.846 | ＜0.001 |
| 1-2 times per week | 135 | 201 |
| ≥3 times per week | 31 | 78 |
| physical condition | good | 122 | 89 | *Z*=6.251 | ＜0.001 |
| general | 143 | 267 |
| bad | 3 | 22 |
| time spent on playing games | never | 156 | 173 | *Z*=3.193 | 0.001 |
| 1-2 hours per day | 95 | 167 |
| 3-4 hours per day | 12 | 28 |
| ≥4 hours per day | 5 | 10 |
| physical exercise | ≥5 times per week | 33 | 39 | *Z*=2.111 | 0.035 |
| 3-4 times per week | 52 | 50 |
| 1-2 times per week | 151 | 234 |
| never | 32 | 55 |
| dormitory environmental hygiene | good | 144 | 168 | *Z*=2.402 | 0.016 |
| general | 119 | 198 |
| bad | 5 | 12 |
| relationship with classmates | harmony | 208 | 257 | *Z*=2.760 | 0.006 |
| general | 60 | 116 |
| strained | 0 | 5 |
| academic stress | mild | 9 | 5 | *Z*=2.698 | 0.007 |
| moderate | 168 | 208 |
| severe | 91 | 165 |
| family economic conditions | affluence | 17 | 11 | *Z*=2.160 | 0.031 |
| general | 201 | 277 |
| poverty | 50 | 90 |