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## **Title: INSOMNIA PREVALENCE AND TOBACCO SMOKING ASSOCIATION AMONG JORDANIAN MEDICAL STUDENTS**

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**Background:** Insomnia is the most common sleep complaint; no doubt it is on the rise among medical students throughout their overwhelming long journey.

Smoking is defined as burning plant material, mostly tobacco, which is known to contain nicotine. Previous studies found that nicotine had a negative impact on sleep architecture. Accordingly, Smokers are more likely to report clinical insomnia than nonsmokers.

The current study aimed to determine the impact of smoking on insomnia among medical students at Jordan University of Science and Technology (JUST).

**Objective:** Both Insomnia and smoking tobacco are currently two major issues in our society. This study aims to see if there's any possible association between the two so we be could be able to overcome them.

**Method:** We conducted an observational cross-sectional study, medical students (n=140) filled an online questionnaire including demographic data, BMI, the 7-item insomnia severity index scale questions accredited by the American Psychological Association that was used to assess Insomnia and categorized as none, subthreshold, moderate and severe, and 6 self-designed questions about smoking (status, types, behavior). Statistical analysis was performed by means of descriptive tables and Chi-square test using IBM SPSS software.

**Results:** There were 140 responses (F=52.1%, M=47.9%). The prevalence of insomnia among participants regardless of their smoking status showed that (44.3%) had subthreshold insomnia whereas (21.4%) had moderate-to-severe insomnia. About (20.7%) of all participants are current smokers; (24.1%) of them had moderate to severe clinical insomnia while (75.9%) have no clinically significant and subthreshold insomnia. The chi-square test results had shown no statistically significant association between prevalence of insomnia and smoking status (p=0.432).

**Conclusion:** This study suggests there is no association between smoking and insomnia prevalence among Jordanian medical students. Considering the small sample size, prospective cohort studies of larger sample sizes are needed to explore details of this association.

**Keywords:** Insomnia, Smoking, Sleep Disturbance.