

## ABSTRACT

### RELATIONSHIP BETWEEN SLEEP DURATION AND BODY MASS INDEX EXCESS IN YOUNG ADULT

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*Lack of sleep duration was one of risk factors that cause body mass index excess. **Objective:** To identify the relationship between sleep duration and body mass index excess in young adult. **Design and method:** An analytic observational study with cross-sectional design was conducted on 70 respondents aged 18-25 years by identifying their sleep duration with questionnaire. Sleep duration was categorized as  $\leq 5$ , 6 (short sleepers), and  $\geq 7$ . Body mass index was categorized as 18.5-25 (normal),  $\geq 25.1$  (BMI excess including overweight and obese). **Results:** The result showed that there was significant relationship between sleep duration with body mass index excess ( $p < 0,001$ ). Short sleepers were more likely to have bmi excess of 60%, compared to respondents who reported sleeping  $\geq 7$  hours per night of 40%. Sleep duration average was shorter 24 minutes on participants with body mass index excess with average 6.3 hours and 6.7 hours on normal weight respondents. **Conclusions:** There was significant relationship between sleep duration with body mass index in young adult.*

**Keywords:** Sleep duration, overweight, obesity, body mass index