

Statement of the problem Caffeine is a stimulant that is widely used by university students to enhance alertness and improve concentration during their studies. Therefore, this study is important to determine the association between caffeine intake and sleep quality among university students. Objectives / Aims This study aims to determine the relationship between caffeine intake and sleep quality among university students, to provide insights into potential impacts of caffeine on students' health and wellbeing. Hypotheses H0: There is no relationship between daily caffeine consumption and sleep quality among university students. 3. Does the timing of caffeine intake (e.g., within 6 hours of bedtime) affect sleep quality? However, there is still a gap in the existing research, as the relationship between caffeine consumption and sleep quality has not been clearly defined. Throughout the study, participant anonymity and confidentiality were upheld.