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## Title

### ***Sleep Efficiency and Latency as Indicators of Sleep Quality by Bmi: Multicentric Study***

## Abstract

The circadian rhythm plays a crucial role in regulating various physiological and behavioral processes, including sleep. Sleep quality is a construct that encompasses different aspects of sleep experience, such as difficulty initiating or maintaining sleep. Dysregulations of circadian cycles are prevalent in modern societies, leading to alterations in sleep patterns and potentially impacting overall health. Altered sleep patterns have been associated with an increased risk of overweight and obesity, particularly among university students who often exhibit poor dietary habits and sleep disturbances. While previous studies have focused on quantitative aspects of sleep, there is limited information regarding the association between qualitative elements of sleep and nutritional status in university students. Therefore, this cross-sectional study aimed to evaluate sleep quality by nutritional status among university students in Chile. © 2024 Macarena Valladares.

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