

## Abstract

The present study was aimed to explore sleep problems and burnout among university students. The participants aged 18 to 25 were selected from five different universities of Lahore. Pre Sleep Arousal (Nicassio et. al, 1989), Burnout Scale for Students (Khan & Ijaz, 2012) and Anxiety Proneness subscale from Student Problem Check List (Saleem & Mahmood, 2010) were administered on 600 (Male =248, Female = 352) university students. Pre Sleep Arousal Scale was translated into Urdu and factor analysis revealed two factors including somatic arousal and cognitive arousal. The Cronbach Alpha was found to be .75 and after two weeks test retest reliability was found to be .89. The study also investigated the relationship between sleep problems, burnout and anxiety among university students. The results of linear regression analysis indicated sleep problems are significant predictor (\*\* $p < .01$ , \*\*\* $p < .001$ ) of burnout among university students. Higher level of anxiety was also found to be a strong predictor of sleep problems and burnout among students (\*\*\* $p > .001$ ). Results of MANOVA ( $p < .05$ ) indicated that the sleep problems have significant impact more on burnout as compared to anxiety. Results are discussed to explain the findings with reference to Pakistani culture and previous empirical evidence.

**Key words:** sleep problems, burnout, anxiety, university students.