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## A Review on Causes and Classification of Insomnia among College Students

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**ABSTRACT:**

Insomnia is a sleep condition characterized by difficulty falling and/or staying asleep. The disorder can be acute (short term) or chronic (long term). It may also appear and recede. Acute insomnia can persist anywhere from a single night to several weeks. Insomnia is considered chronic when it occurs at least three times a week for three months or longer. After waking up, people may still feel fatigued. Insomnia has the potential to reduce not only person's energy and mood but also effects person's health, work performance and quality of life. College students are more likely to suffer from sleep disorders such as insomnia and sleeping less than 6.5 hours a night on purpose or behaviourally induced insufficient sleep syndrome (BISS). As a result, the focus of this review is on the topic of insomnia in college students, its causes and classification.

**KEY WORDS:**

Insomnia, College students, Sleep determinants, Sleep hygiene and Management.

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