

Abstract

The purpose of this study was to examine the subject in public universities. A total of 100 undergraduate students were involved in the study. The study used survey research design. A structured questionnaire was used to collect data from the respondents. Data was analyzed with the help of Statistical Packages for Social Sciences. Descriptive statistics specifically frequencies and percentages, and inferential statistics particularly Pearson's Product Moment Correlation were applied in data analysis. The study achieved a response rate of 92%. The results indicated that majority (54%) had a cumulative average of a B. The study also revealed a positive correlation between sleep quantity and academic performance with a coefficient of 0.326 (at 0.01 significance level). The study concluded that lack of adequate sleep negatively affects the performance of students in public universities in Kenya. The main cause of insufficient sleep among university students was stress which resulted from family problems, inadequate pocket money and broken relationships. Therefore, public university students need to evaluate their experience of stress, learn and use effective stress management strategies to deal adequately with it.