Objective, To determine the degree of excessive daytime sleepiness and sleep quality in medical students of the third and fourth year of the Faculty of Medicine of the Universidad de San Martin de Porres. Design, Descriptive exploratory cross. Place, Faculty of Medicine of the Universidad de San Martin de Porres. Participants, 195 medical students and 199 third and fourth year respectively. Interventions, Questionnaires of scale of drowsiness of Epworth and index of quality of the dream Pittsburgh Modified, It shows as probabilistic random simple study of medical students of the third and fourth year of studies. Main measures of results: Frequencies of Diurnal drowsiness and quality of the dream Results, The overall average age is 21.08 years. The 64.5% had poor sleep quality and 26%, excessive daytime sleepiness. We found an overall average of 5.6 hours of sleep. Conclusions, The study found high frequency of poor sleep quality and excessive daytime sleepiness in medical students surveyed, a considerable percentage value on the use of hypnotic medication and a tendency to sleep 6 hours or less.

Keywords
Excessive somnolence, Medical students, Sleep.