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This study investigates the link between adolescent’s perception on sleep quality and psychological well-being. Sleep quality as a construct is captured through components as: time to fall asleep, difficulty waking up in the morning, tiredness after wakening and well-being is rendered through self-evaluation and evaluation of their emotional stability. Data on 283 subjects of secondary-school was collected from three locations in South Romania having different urbanization degrees and family patterns. We used both qualitative and quantitative methods in our analysis. For data collection we used two questionnaires, a psychological one and an anthropological one. We evaluate well-being by a self-assessing item and by retaining two psychological tendencies: the psychasthenic and depressive tendencies from a larger psychometric questionnaire. The complex anthropological questionnaire collects demographic, anthropometric and lifestyle information aiming to capture also the perception of sleep quality reflecting the biopsychological conditioning of the lifestyle. For the quantitative analysis we used mainly latent class analysis as implemented in R language package poLCA. From the models selected through statistical criteria we choose the 3-class model which offers a better interpretation of the classes. This reveals the emotional stability/instability discriminated between three score-levels: normality, liminal and accentuated level. The comparative analysis by grouping on sex, location/urbanization and family migrational status revealed the vulnerability of girls, of the subjects from rural areas and the subjects with migrant parents. The migration status was also the only significant variable in the regression analysis of well-being. We could notice this way a good correlation between
the depreciation of the sleep quality and well-being as described through its components. In particular, the results reveal that both the self-assessment and the evaluated depreciation of well-being is reflected in the sleep aspects related to the awakening state.

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