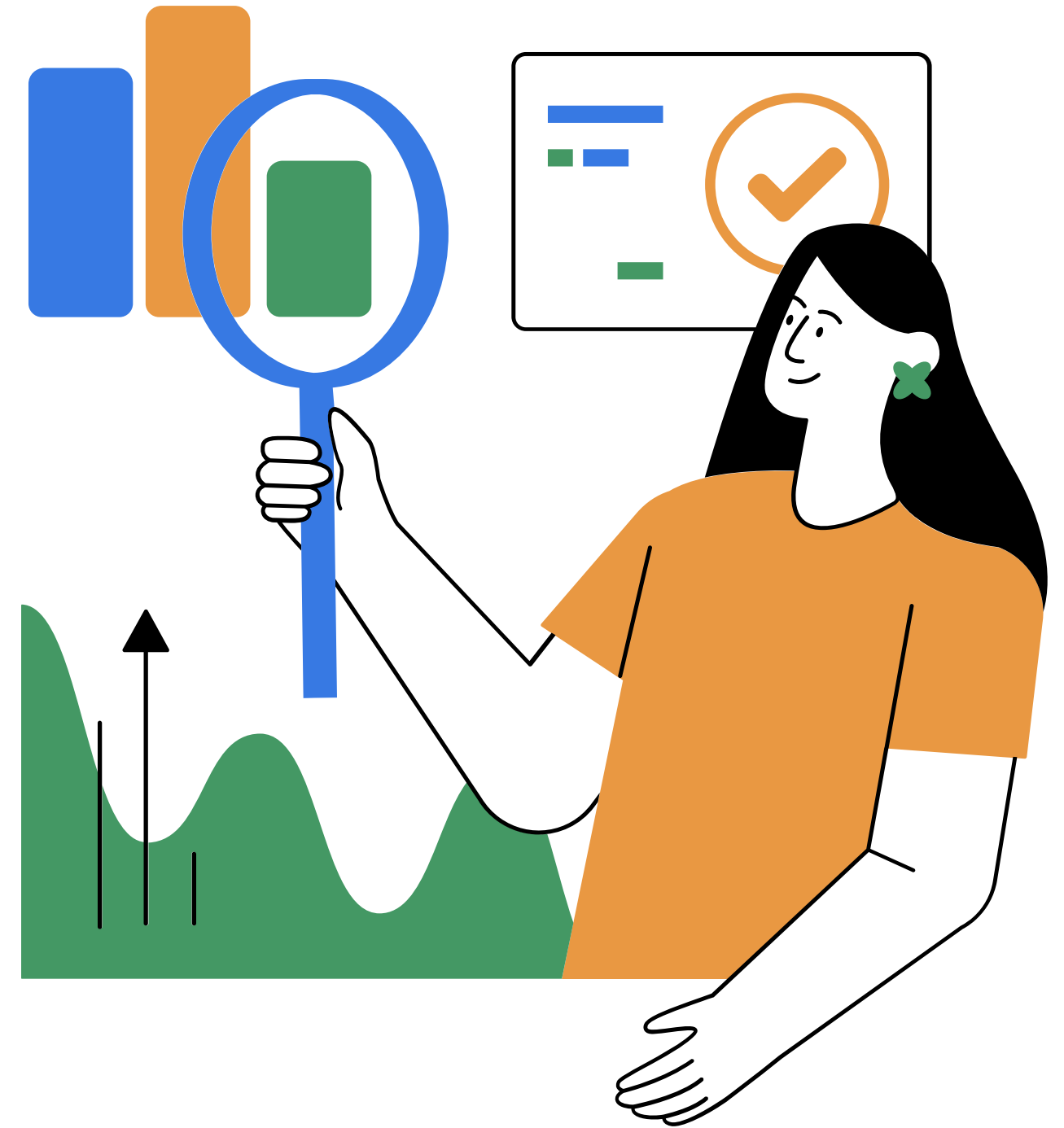# Does More Screen Time Lead to Less Sleep Among Students?

17 May, 2025

Problem Statement

- In today's digital world, students are spending more time on screens such as phones, laptops and TVs.

- This project aims to explore whether an increase in screen time negatively impacts the number of hours students sleep each night.
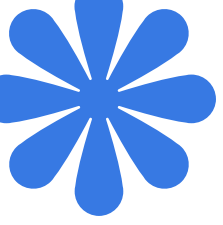
Type of Problem & Statistical Model

- This is a **predictive** and **relational** problem.
- We want to know if there is a relationship between screen time and sleep duration.

- We will use **Linear Regression** to analyze the relationship between screen time (independent variable) and sleep hours (dependent variable).

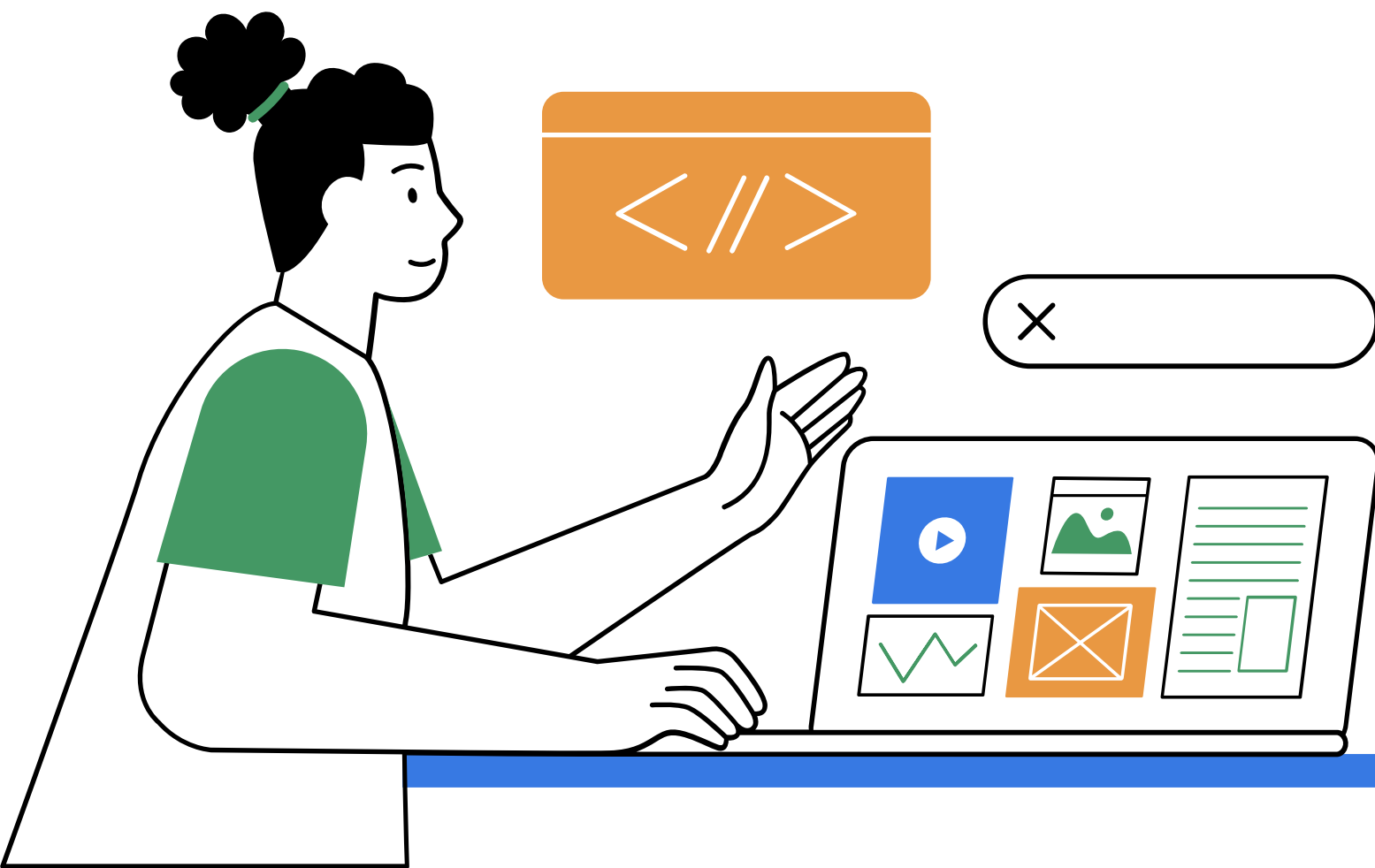# Brief Description of the Chosen Model

Linear Regression is a method used to model the relationship between two variables.

In our project:
- **X-axis (Independent Variable):** Daily screen time (in hours)
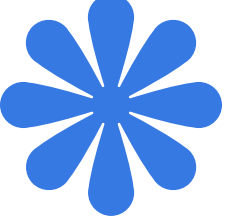- **Y-axis (Dependent Variable):** Daily sleep duration (in hours)

It helps us:

- Understand if more screen time reduces sleep.

- Predict sleep hours based on screen time.

Thank You