

Screen Time vs. Dream Time: Social Media Use Linked With Worse Sleep

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Introduction

- Studies found a negative correlation between social media use and sleep quality (Hamilton et al., 2020; Tandon et al., 2020)
- Sleep deprivation causes impaired control over attention (Yaffe et al., 2014; Lee et al., 2015)
- Social media use has been found to be negatively correlated with attention (Weaver et al., 2020; Siebers et al., 2021)

Hypotheses

- More social media use would be associated with worse sleep
- Higher sleep quality would be linked with better attention
- Higher social media usage would be associated with worse attention

Method

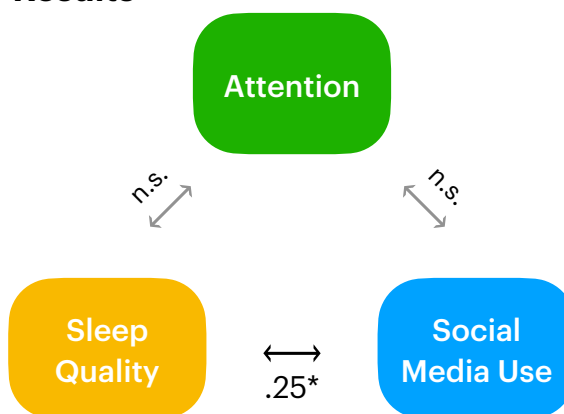
Measures

- Pittsburg Sleep Quality Index (Buysse et al., 1989)
- Mindful Attention Awareness Scale (Brown & Ryan, 2003)
- Participants were asked to report Facebook, TikTok, Instagram, and Twitter usage times from battery info automatically logged by their phone in the last 24 hours

Procedure

- Data was collected from participants on a weekday afternoon from various parts of the Palomar campus
- Palomar students that were 18 years or older completed a self-report questionnaire

Results



n.s. = Non Significant

* $p < .05$

Variables	1	2	3	M	SD
1. Social Media Use				2.41	2.03
2. Attention	-.17			3.66	0.83
3. Sleep	.25*	-.20		8.95	2.69

* $p < .05$

Participant Demographics

- 78 Palomar College Students
- Ages 18 to 30 ($M = 20.49$)
- Predominantly Hispanic/Latino: 66.2%

Study Design

We used a correlational study design and a convenience sample to determine the associations between social media use, attention, and sleep quality.

Conclusion

- Our findings suggest community colleges can create campaigns to promote better social media habits to improve the sleep and overall health of students
- Study Limitations: Social media data was collected over a 24-hour period which may not account for overall usage. Additionally, this study was unable to gather social media usage times from devices other than phones.

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