

# Average Sleep Hours vs. Social Media Hours

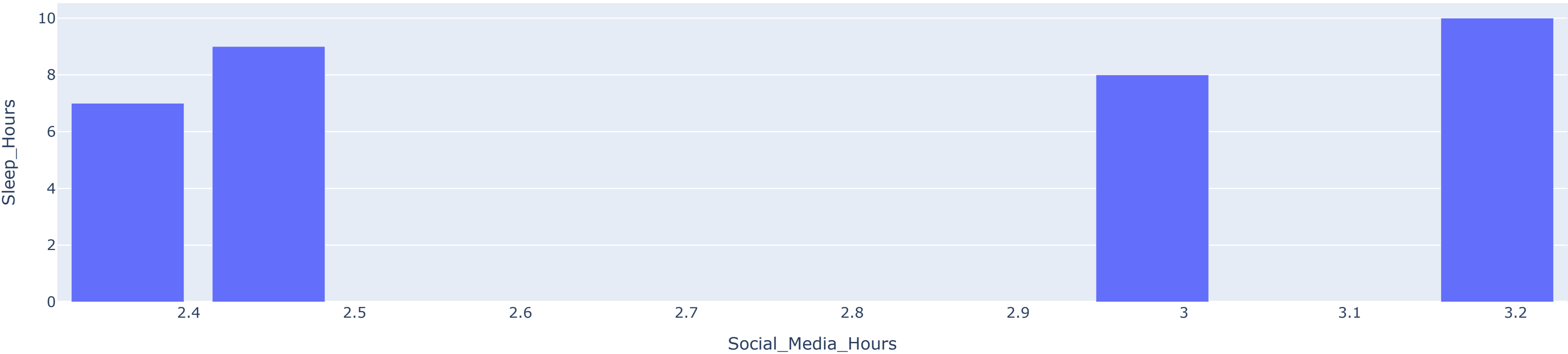


Fig.3 The scatter plot reveals an intriguing inverse relationship between social media consumption and sleep duration. As social media hours increase (ranging from 2.4 to 3.2 hours), there appears to be a corresponding increase in sleep time. This trend suggests a potential positive correlation between digital screen time and sleep quality. The visualization highlights the growing concern of digital technology's impact on sleep patterns, emphasizing the need for mindful digital consumption and its potential consequences on personal health.