

## **CM50266 Lab 3 Additional Data**

There is prior research that the use of social media may affect sleep patterns [1]. The research suggests that heavier social media use may lead to poorer sleep patterns [1]. Also, another research suggests that the social media usage may affect daytime sleepiness [2].

Therefore, understanding this relationship between the use of social media during a day and sleep patterns may help to understand how the use social media on the specific time during a day may affect daytime sleepiness and nighttime sleep.

There are two additional data to be collected – sleepiness and use of social media in minutes. There are 3 levels of sleepiness on the time diary form. Also, it is now possible to see how many minutes one has spent on an app on modern smartphones [3][4]. Therefore, it is feasible to collect these data.

## **Reference**

[1] Scott, H., Biello, S. and Woods, H., 2019. Social media use and adolescent sleep patterns: cross-sectional findings from the UK millennium cohort study. *BMJ Open*, 9(9).

[2] Nasirudeen, A., Lee Chin Adeline, L., Wat Neo Josephine, K., Lay Seng, L. and Wenjie, L., 2017. Impact of social media usage on daytime sleepiness: A study in a sample of tertiary students in Singapore. *DIGITAL HEALTH*, 3.

[3] Google. n.d. Manage how you spend time on your Android phone with Digital Wellbeing - Android Help. [online] Available at:

<<https://support.google.com/android/answer/9346420?hl=en>> [Accessed 4 March 2021].

[4] Apple. n.d. Use Screen Time on your iPhone, iPad, or iPod touch. [online] Available at:

<<https://support.apple.com/en-us/HT208982>> [Accessed 4 March 2021].