

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 of 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).
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- [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].