Social Media Impact on Sleeping habits

We appreciate your effort in filling out this form. It was created to monitor **human interactions on social media and how it would impact their sleeping habits** for STATS 220. The information gathered from this form will solely be utilized for academic endeavors. Your data will be used by the UOA Stats220 Markers and myself. Should you have any inquiries regarding the data collection process, please reach out to plim294@aucklanduni.ac.nz.

All responses are made anonymously

* Indicates required question

General Information

1.   What is your age? *

   _____

2.   What is your gender? *

   Mark only one oval.

   ( ) Male

   ( ) Female

   ( ) Prefer not to say

Social Media Usage

A brief overview of students' engagement and activity on various social media platforms

3. Which social media platform do you use most frequently before bedtime? *

    Mark only one oval.

    ◯ Facebook

    ◯ Instagram

    ◯ YouTube

    ◯ X (Twitter)

    ◯ Discord

    ◯ Snapchat

    ◯ Reddit

    ◯ Twitch

    ◯ None

4. How many hours do you typically spend on social media before bedtime, on   *
    average?
    You can input between 0 and 24 hours

    _____

Sleeping Habits

An exploration of students' emotional state and the duration of their sleep, aiming to understand the impact of social media on sleeping habits.

5. How does social media usage affect your sleep quality? *

    Mark only one oval.

    ◯ It helps me sleep better

    ◯ It has no impact on my sleep

    ◯ It affects my sleep

    ◯ I am not sure

6. Which emotions do you experience when using social media before bed? *

    Mark only one oval.

    ◯ Relax

    ◯ Anxious

    ◯ Excited

    ◯ Frustrated

    ◯ Depressed

    ◯ I am not sure

7. How many hours do you sleep in a day, on average? *

    You can input between 0 and 24 hours

    _____

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