

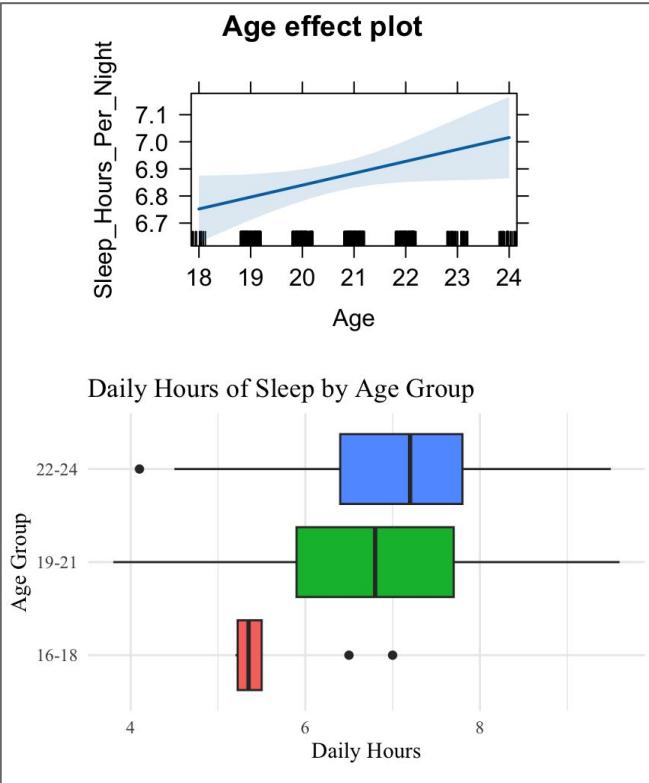
How are Students daily sleep affected by social media usage?

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Age and Gender comparison

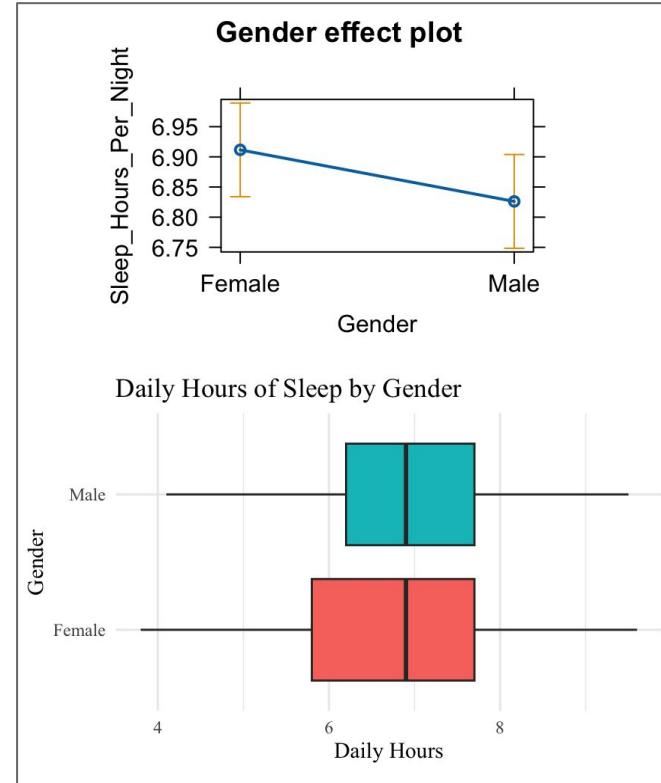
P = (0.041)

The older the student, the more sleep they get



P = (0.153)

About the same sleep for each gender



$$\text{SleepHours} = B_0 + B_1(\text{socialMediaHours}) + B_2(\text{Age}) + B_3(\text{Gender}) + \epsilon$$

Each additional hour spent on social media results in students sleeping about **42.6** minutes less per night, holding gender and age constant.

B₁ coefficient = -0.71

P-value = 2×10^{-16}

