**Introduction**

The purpose of this experiment was to learn whether going on social media right before bed would affect how fresh and rested I felt when I woke up. In accordance with the ‘Sleepless due to social media? investigating problematic sleep due to social media and social media sleep hygiene’ (Tandon et al., 2020) I hypothesized that scrolling on social media right before bed for even 15 minutes would make me feel less rested and fresh when I woke up the next day.

**Methods**

Within a span of one week, I did the intervention (scrolling on Instagram and TikTok) on three distinct days, dedicating a minimum of 15 minutes each time. I made sure to try and keep the variables surrounding the intervention the same by scrolling around the same time in the same conditions. I diligently noted my mood levels every night before going to sleep on a scale ranging from 1 to 7 in a notebook. These evaluations were then uploaded via a google form on the last day. This allowed me to determine how fresh and rested I felt when I woke up on the days following the intervention (n=3) and on the days without (n=3).

**Results**

On days I didn't use social media before bed how fresh and rested I woke up the next day had a mean of 6.33 and standard deviation of ​​0.47, as compared to on the days I did the score was at 3.33 and the standard deviation was 0.47.

**Discussion**

The results from my experiment seem to indicate a noticeable deterioration in how fresh and rested I felt when I woke up the next day after scrolling on social media. This supports my initial hypothesis that scrolling on social media before bed, in this case, for 15 minutes, can negatively influence how fresh and rested I feel when I wake up the next day. The decrement from 6.33 to 3.33, although not drastic, is still significant enough to warrant the potential drawbacks of of the intervention.

However, it's important to consider several confounding variables that may have influenced these outcomes. For instance, the time I fell asleep at night and how many hours of sleep I got that night might have impacted how fresh and rested I feel when I woke up the next day.

In conclusion, while there seems to be a negative correlation between social media before bed and waking up feeling rested and fresh based on my results, it's evident that numerous variables can influence this relationship. Moving forward, it is imperative to extend the study period, reduce the confounding variables, and repeat the study under better conditions. Personally, these results inspire a commitment to continue trying to avoid using my phone and going on social media before bed as a means to feel more rested the fresh the next morning.

**Bibliography**:

Tandon, A., Kaur, P., Dhir, A., &amp; Mäntymäki, M. (2020). *Sleepless due to social media? investigating problematic sleep due to social media and social media sleep hygiene.* Computers in Human Behavior, 113, 106487. https://doi.org/10.1016/j.chb.2020.106487