

# Social media use linked to lack of sleep in students



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Greater use of social media was associated with a greater likelihood of getting too little sleep in an *Acta Paediatrica* study of Canadian students aged 11-20 years.

In the 5242-participant study, 63.6% of individuals slept less than recommended, with 73.4% of students reporting that they used social media for at least one hour per day. Greater use of social media was associated with shorter sleep duration in a dose- response fashion among the students.

“The impact social media can have on sleep patterns is a topic of great interest given the well-known adverse effects of sleep deprivation on health,” said senior author Dr. Jean-Philippe Chaput, of the Children’s Hospital of Eastern Ontario Research Institute. “Electronic screen devices are pervasive in today’s society and we are just starting to understand

their risks and benefits.”

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**More information:**

Hugues Sampasa-Kanyinga et al, Use of social media is associated with short sleep duration in a dose-response manner in students aged 11 to 20 years, *Acta Paediatrica* (2018). DOI: 10.1111/apa.14210