

# Teen Social Media Use, Daytime Sleepiness, and Bedtime Technology Rules

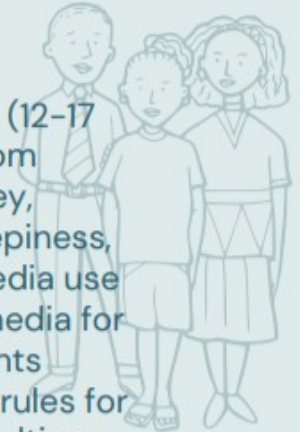
Hamilton, J. L., & Lee, W. (2021). Associations Between Social Media, Bedtime Technology Use Rules, and Daytime Sleepiness Among Adolescents: Cross-sectional Findings From a Nationally Representative Sample. *JMIR mental health*, 8(9), e26273. <https://doi.org/10.2196/26273>

## Our Goal

- To explore the association between frequency and importance of daytime sleepiness among teens.
- We also explored the impact of parents having rules for technology use around bedtime on these relationships.

## Who we studied

A total of 4,153 adolescents (12-17 years old) across the US, from completed a one time survey, reporting their daytime sleepiness, frequency of their social media use and importance of social media for social belonging. Their parents reported whether they had rules for using technology around bedtime.



## Why do we care about Daytime Sleepiness?

- Daytime Sleepiness is associated with risk for poor academic performance, accidents and injuries, substance abuse and mental health problems.
- It is critical to identify factors that contribute to daytime sleepiness to improve teen outcomes.

## RESULTS

### Social Media & Daytime Sleepiness

Adolescents who were on social media more (posting, checking) or valued social media more for social belonging had higher level of daytime sleepiness.



### About 66% of parents reported not having bedtime technology rules

96% of adolescents reported having a smartphone by the age of twelve. 41% of parents having no technology rules at all, while nearly 1 in 5 adolescents reported checking social media constantly!

### Effect of Bedtime Technology Rules and Social Media and Sleepiness

Adolescents with technology rules around bedtime used social media less frequently.

Social media use or importance had less of an impact on teens' daytime sleepiness when they had technology rules for bedtime.



### Key Takeaways

- ▶ Adolescents who value social media more for social belonging and use it more frequently are more likely to feel sleepy during the day.
- ▶ Having technology rules around bed time or limiting bedtime technology for teens may help reduce their daytime sleepiness and help their overall health