

Social media use linked to lack of sleep in students

24 January 2018



sleep duration in a dose-response manner in students aged 11 to 20 years, *Acta Paediatrica* (2018). DOI: [10.1111/apa.14210](https://doi.org/10.1111/apa.14210)

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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."

More information: Hugues Sampasa-Kanyinga et al, Use of social media is associated with short

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