

THE ASSOCIATION BETWEEN SOCIAL MEDIA USE AND SLEEP DISTURBANCE AMONG YOUNG ADULTS

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INTRODUCTION

- Roughly 67% of young adults do not get enough sleep to function properly
- Social media (SM) use is increasing
- We aimed to determine the association between SM use and sleep disturbance



METHODS

- Nationally-representative sample of 1788 U.S. adults (19-32 years old)
- SM assessed using items adapted from the Pew Internet Research Questionnaire
- Sleep disturbance assessed using the Patient-Reported Outcomes Measurement Information System (PROMIS)
- Multivariable analyses controlled for demographic, personal, and environmental factors

RESULTS

- Median volume was 61 minutes of SM use per day
- Median frequency was 30 visits per week

| SM Use | All | Sleep Disturbance | | | P Value |
|-------------|------|-------------------|----------------|--------------|---------|
| | | Low (n=709) | Medium (n=489) | High (n=590) | |
| Minutes/Day | | | | | .004 |
| Q1 (0-30) | 29.8 | 35.7 | 28.1 | 22.6 | |
| Q2 (31-60) | 20.8 | 23.4 | 18.9 | 18.8 | |
| Q3 (61-120) | 24.0 | 20.5 | 24.3 | 28.7 | |
| Q4 (121+) | 25.5 | 20.4 | 28.7 | 29.9 | |
| Visits/Week | | | | | <.001 |
| Q1 (0-8) | 28.3 | 35.8 | 25.2 | 20.4 | |
| Q2 (9-30) | 25.1 | 24.1 | 27.4 | 24.2 | |
| Q3 (31-57) | 24.1 | 23.3 | 23.2 | 26.0 | |
| Q4 (58+) | 22.5 | 16.8 | 24.2 | 29.4 | |

| SM Use | OR (95% CI) | AOR (95% CI) |
|-------------|------------------|------------------|
| Minutes/Day | | |
| Q1 (0-30) | REF | REF |
| Q2 (31-60) | 1.18 (0.80-1.73) | 1.26 (0.86-1.84) |
| Q3 (61-120) | 1.85 (1.28-2.69) | 1.91 (1.31-2.78) |
| Q4 (121+) | 1.93 (1.37-2.71) | 1.95 (1.37-2.79) |
| Visits/Week | | |
| Q1 (0-8) | REF | REF |
| Q2 (9-30) | 1.60 (1.12-2.30) | 1.73 (1.19-2.50) |
| Q3 (31-57) | 1.70 (1.15-2.50) | 1.90 (1.28-2.83) |
| Q4 (58+) | 2.43 (1.66-3.56) | 2.92 (1.97-4.32) |

DISCUSSION

- The findings presented here are cross-sectional; thus, it is not possible to determine the direction of these effects
- It may be valuable for providers to assess level of SM use in their young adult patients, especially when those patients have difficulty sleeping