



The Impact of Screen Time on Sleep Quality

Among UC San Diego Students

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OBJECTIVE: To determine if there is a correlation between screen time and sleep quality, with emphasis on biological sex-based differences, among UCSD undergraduate students.

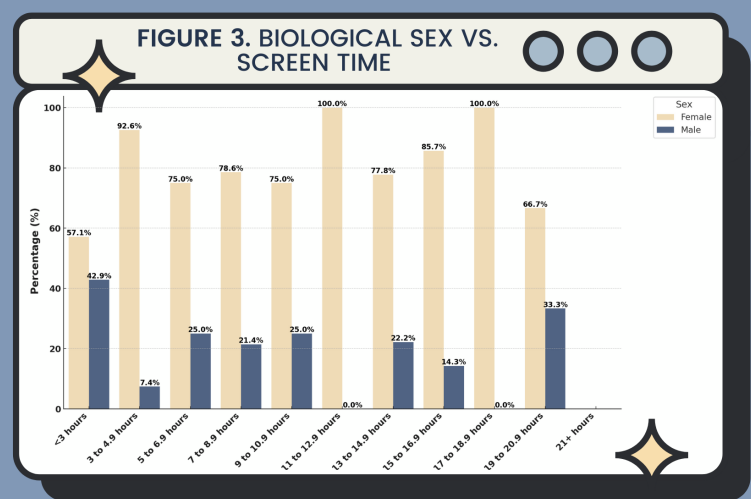
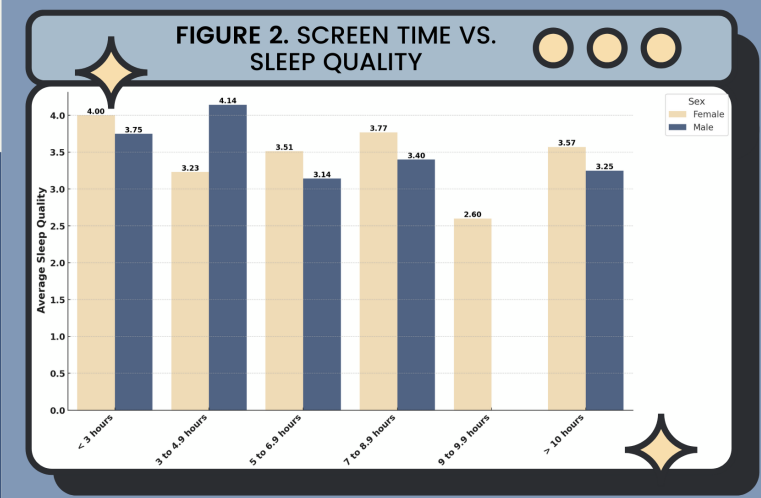
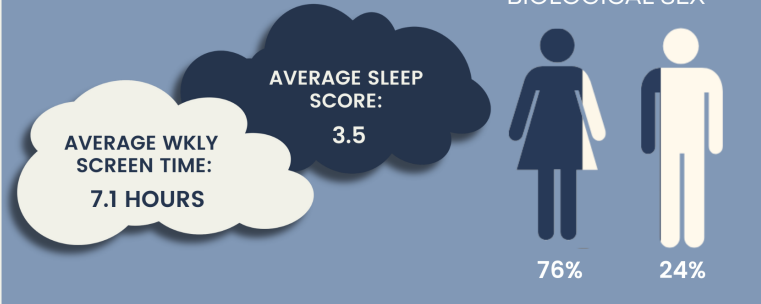
INTRODUCTION

- 97% of college students have a smartphone¹
- Excess screen time leads to:
 - Poor physical and psychological health
 - Poor sleep quality
 - Decreased sleep duration²
- Biological sex plays a role in sleep:
 - Females require more sleep
 - Lifetime risk of insomnia is 40% greater in females
 - Digital interactions negatively impact males' sleep more³

METHODOLOGY

- Qualtrics survey sent to students via social media platforms and mass email to public health students (n= 157)
- Demographics collected: Biological sex, Gender identification, Age, Major
- Exposure: Screen time
 - Daily average of smartphone screen time, Highest ranked category and its duration
- Outcome: Sleep quality
 - Pittsburgh Sleep Quality Index (PSQI)
 - Average hours of sleep per night, # of days a week felt rested, Average quality of sleep
- Statistical Tests: One-way ANOVA & Fischer's Significance test

RESULTS



HIGHEST RANKED CATEGORY FOR SCREEN TIME: SOCIAL MEDIA (74%)



CONCLUSION

- No significant correlation between:
 - Screen time and sleep quality (p=0.394)
 - Sleep quality and biological sex (p=0.112)
 - Screen time and biological sex (p=0.284)
- Further research is needed to determine if biological sex affects the relationship between screen time and sleep quality.

POLICY IMPLICATIONS

- Conduct more studies with students from different universities nationwide to better understand how screen time impacts sleep quality and to raise awareness about biological sex differences in sleep
- Collaborate with developers to create student-focused apps that include features for managing screen time.