



# Screen Time On Sleep Quality Among College Students

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## Objective

This study examines if **higher levels of screen time** is related to **worse sleep quality** among college students at UC San Diego.

## Background

- Screen time affects cognitive health, physical health, and function which can negatively affect academic performance.
  - Increased screen time can lead to phone dependency and cause sleep disorders, insomnia, and an unhealthy lifestyle
- College students have been found to have more screen time around sleep
- A 10-minute increase in pre-bedtime social media use is associated with a decrease in sleep duration by 7 minutes.

## Methodology

- Cross sectional study** using an anonymous online Google forms survey of 20 questions that was distributed via social media platforms.
  - Population:** UC San Diego students with Apple Screen Time or Android Digital Wellbeing enabled.
- Exposure Variable:** daily and weekly average screen time with likelihood of using electronics an hour before bed time
- Outcome Variable:** sleep quality, sleep satisfaction, and number of hours of sleep per night
- Data analysis:** Pearson Correlation on SPSS

## Results

### Sample Characteristics:

- Our study consisted of 45 participants (n=45) and the majority of participants reported as:



84.4%  
Full Time



48.9%  
Senior



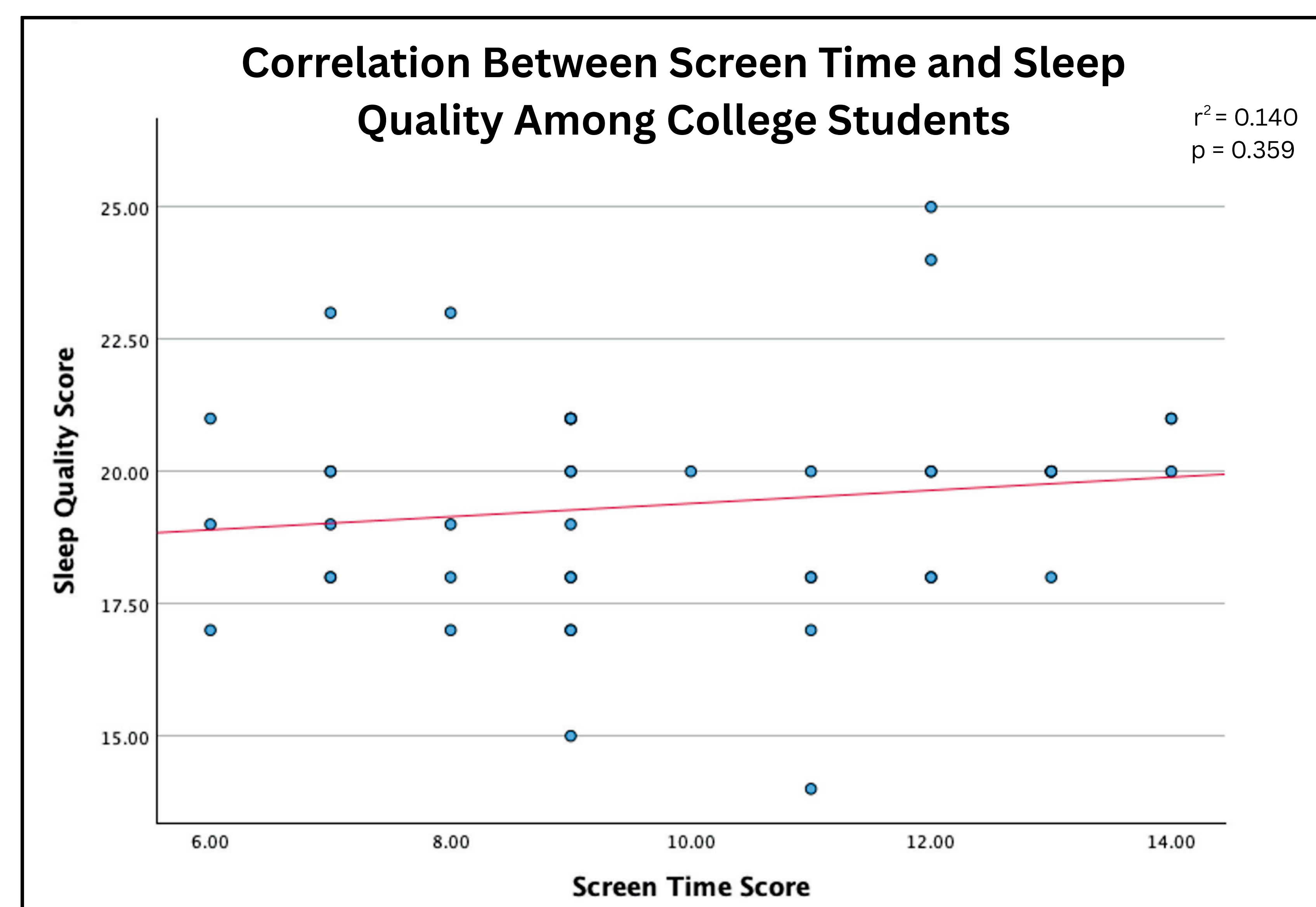
68.9%  
20-21 years old



84.4%  
Female



48.9%  
Hispanic/Latinx



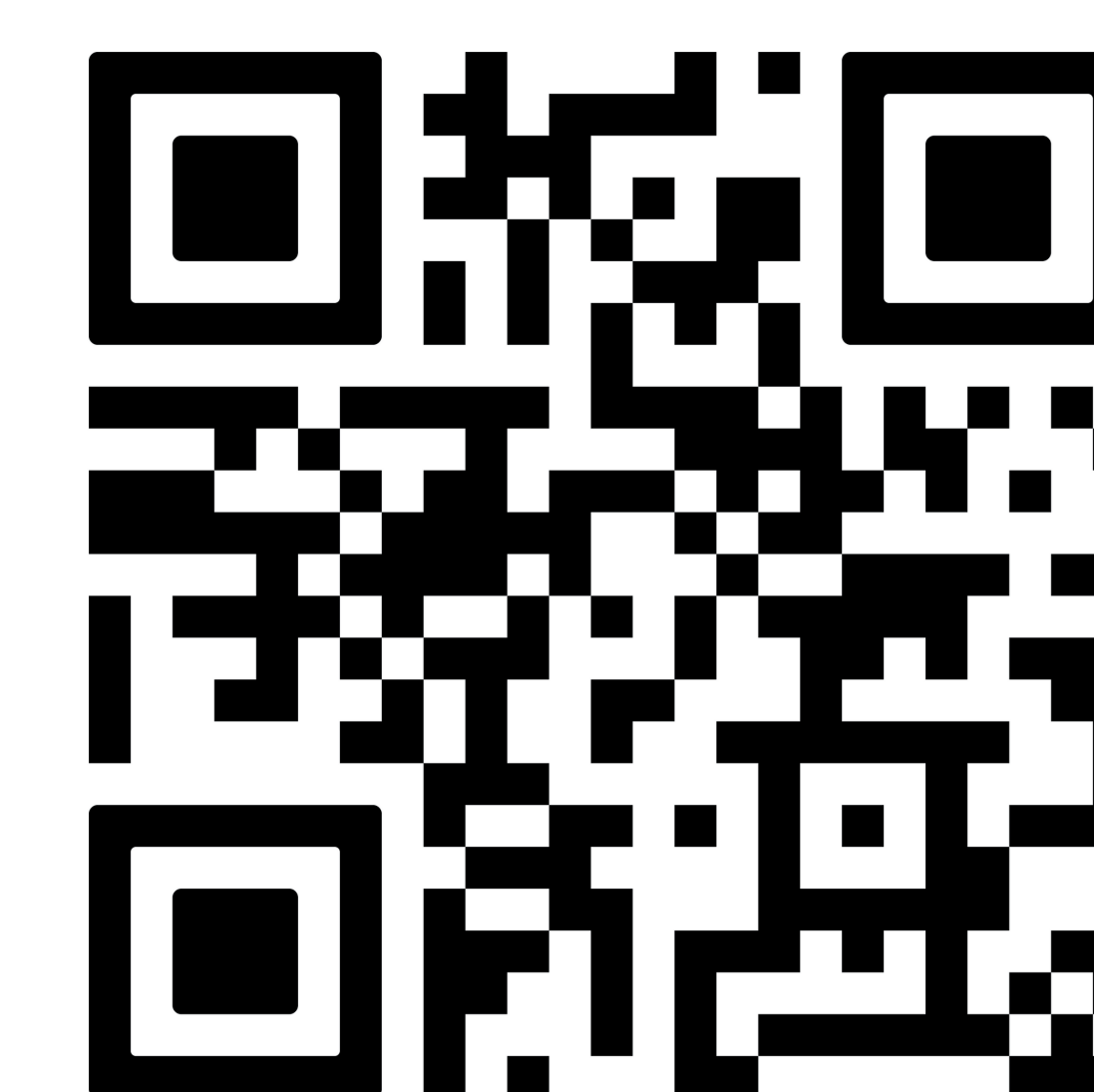
The Pearson's Correlation Coefficient demonstrates a **very weak positive linear relationship** between screen time and sleep quality among undergraduate students at UC San Diego. The results of this study are **not statistically significant** given the p-value (0.359) was greater than 0.05.

## Conclusion

- This study found **no significant correlation** between screen-time and sleep quality.
- The sample size of our study is most likely too small to provide results that would be statistically significant.
- Our results are one of few to explore the correlation between screen-time and sleep quality in college students.

## Policy Implication

- Health education and promotion of **sleep hygiene** should be explored in college students to provide **more beneficial** results.
- Screen-time interventions** in college students should be explored to address all standards of sleep-quality and promote **better sleep habits**.



Link to  
Survey!