# UC San Diego

**HERBERT WERTHEIM SCHOOL OF PUBLIC HEALTH AND HUMAN LONGEVITY SCIENCE** 

#### Introduction

- Sleep deprivation is a growing public health concern among college students, affecting academic performance, emotional wellbeing and long-term health.<sup>1</sup>
- The American Academy of Sleep Medicine recommends adults receive at least 7 hours of sleep every night.<sup>2</sup>
- With the rising popularity of TikTok, a social media platform known for its addictive shortform video content and infinite scrolling design, concerns have emerged about its impact on sleep, particularly when used before bedtime.<sup>3</sup>
- Prior research has linked excessive screen time with disrupted sleep patterns, cognitive arousal, and reduced melatonin production.<sup>4,5</sup>
- Limited studies isolate the effects of TikTok specifically, especially in undergraduate populations.

Objectives

- To examine whether nighttime TikTok usage is associated with sleep duration among undergraduate students at University of California, San Diego (UCSD).
- To examine whether demographic factors, such as academic school, are associated with increased TikTok use and decreased sleep duration.

#### Methods

- Cross-sectional study conducted via selfreported Qualtrics surveys distributed to undergraduate students at UCSD between April and May 2025.
- Participants were recruited through course announcements, social media platforms, and flyers.
- Survey included questions on demographics, TikTok usage before bed, and sleep habits.
- Pearson's correlation used to determine the association between TikTok screen time and sleep duration (Figure 1).
- Chi-Square used to determine the associations between academic school and TikTok usage (Figure 2) and the association between academic school and sleep duration (Figure 3).

## The Danger of TikTok Usage Before Bed: Impact on sleep duration among UCSD undergraduate students Kendy Arana and Juliette Jordan

#### **Demographics:**

- 186 total participants (mean age  $\approx 20$ )
- 72.5% female, 24.7% male, 2.7% nonbinary
- Largest racial/ethnic group: East/Southeast Asian (35.4%), followed by Hispanic or Latinx (27.5%).
- Majority in 3rd (30.2%) or 4th (28.6%) year.
- Academic majors most commonly in Social Sciences (39.2%).

#### TikTok Usage and Sleep Findings:

- 22.22% reported using TikTok 6-7 hours per week before bed.
- 74.2% reported getting less than 7 hours of sleep on school nights
- 38% reported waking up not well-rested "often" or "always"
- 50.3% reported waking during the night at least 2-3 times per week.



students get on school nights (P=0.50).



#### Conclusions

Majority of UCSD students do not get an ideal amount of sleep for their health (≥7 hours)

 Majority of UCSD students scroll on TikTok before they go to bed for hours at a time. TikTok usage before bed was not significantly associated with sleep duration among UCSD

• Demographic factors (age, gender,

race/ethnicity, school year, and academic school) were not found to have an association to how much students use TikTok before bed or influence sleep duration.

#### Limitations

Not having enough students from all academic

 Data collection took place during midterm season, so sleep duration could be lower than usual due to students studying.

### **Policy Implications**

Despite nonsignificant findings on TikTok usage and sleep duration, UCSD would benefit from campus-wide digital wellness programs and sleep hygiene education initiatives due to many students not getting

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#### References

references!



Scan here to view our survey!