

Social Media and Sleep



- When the American Academy of sleep conducted a survey on 2,010 adults from Generation Z, they found that 93% of participants stayed up late due to social media use.
- According to a study conducted by students at California State University, anxiety produced by social media-related fear of missing out (or FOMO) is a stronger contributor to delayed sleep in college students than issues with executive functioning.
- SleepFoundation.org states that the blue light that smartphones emit can interrupt people's internal clocks and force them to be alert, which can decrease the amount of sleep they get. They also note how tempting it can be to check social media messages, reporting that 70% people they've interviewed in a study habitually check their phones after already getting in bed.



Ways to keep social media from messing up your sleep patterns

Put your phone away or turn it off 30 minutes to 1 hour before bed



Turn off notifications and alert sounds to avoid distraction



Set time limits for social media apps to avoid excessive use



Set a specific time to go to sleep every night and wake up every morning



Do a predictable, relaxing activity before bed, like reading a print book

