



Determinants of Poor Sleep Quality in Nighttime-Specific Social Media Use

Mary Bagot
Psychology Major

California Lutheran
UNIVERSITY

Dr. Marylie Gerson
Sponsoring Faculty
Department of Psychology



Abstract

The purpose of this study was to see how nighttime-specific social media usage and feelings toward social media relate to sleep quality in an individual. In a multiple regression design, 40 college students from the California Lutheran University student's sign-up system and accessed through the researcher's social media post participated in an online study. Participants answered questionnaires regarding demographics, bedtime social media usage, feelings towards social media, and overall sleep quality in the past week. I hypothesized that addiction to social media and usage before bedtime will predict poor sleep quality, with the impact of usage before bedtime mediated through addiction to social media usage. Hypotheses were not supported. Findings from the study could be relevant to the factor of social media usage in relation to sleep quality.

Introduction

As social media usage in our society continues to rise it raises interest in how it can be affecting and impacting behaviors in humans; specifically, how it raises concern for sleeping behaviors in individuals. The topic is important to survey due to social media usage before bedtime being associated with negative attributes. There have been several studies that have examined the relationship between social media usage and sleep quality. Past research has found that the timing of social media usage is a predominant negative predictor of an individual's sleep quality and overall well-being (Woods et al., 2016). Other studies have concluded that usage of social media before bedtime is not damaging to an individual's sleep quality (Das-Friebel et al., 2020) and that the usage may even serve as an aid to help one fall asleep (Batten et al., 2020). The present study focused on the relationship between nighttime-specific social media usage and an individual's sleep quality through addiction to social media usage. Will social media usage predict poorer sleep quality? Will social media be used as an aid for better sleep? How does a person's perceptions towards social media influence their sleep quality?

Hypotheses

Addiction to social media and usage before bedtime will predict poor sleep quality, with the impact of usage before bedtime mediated through addiction to social media usage.

Method

Participants

- 80 college students at California Lutheran University (data cases were doubled)
- 42.5% Caucasian, 37.5% Hispanic/Latino, 12.5% Asian, 5% African American/Black, 2.5% Other
- 80% female, 20% male
- 18 – 24 years of age ($M = 20.9$, $SD = 1.39$)

Materials

- Informed Consent Form
- Demographic Questions
- Nighttime Social Media Usage
- Bergen Social Media Addiction Scale
- Pittsburgh Sleep Quality Index

Procedure

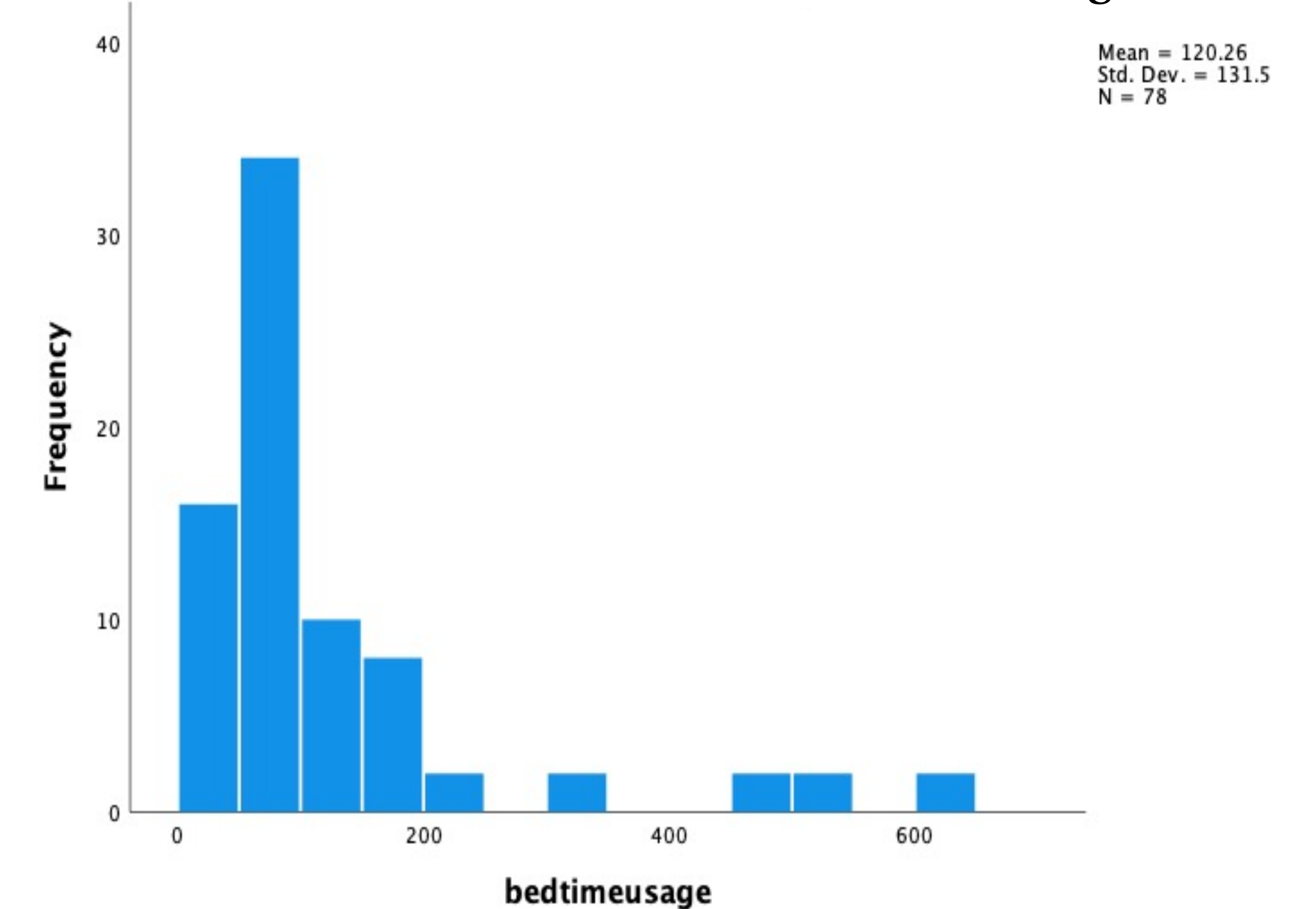
1. Informed consent forms electronically signed.
2. Participants answered demographic question regarding age, gender, and ethnicity.
3. Participants answered questions regarding their nighttime-specific social media usage and what social media applications they usually use before bed.
5. Bergen Social Media Addiction Scale completed.
6. Pittsburgh Sleep Quality Index completed.

Results

- Spirituality was positively and significantly correlated with resilience, $r_{\text{one-tailed}}(76) = 0.19$, $p = .047$, a medium correlation.
- No other significant differences were found

Findings

Minutes of Social Media Bedtime Usage



Discussion

Hypotheses were not supported. Possible reasons include:

- Small sample size
- Characteristic of sample size, which only included college students
- Only looked at nighttime-specific social media usage
- The measure used for recording sleep quality -- only used one question out of the Pittsburgh Sleep Quality Index to represent sleep quality
- Only asked about sleep quality in the past week

Future research should address the above issues and could explore the relationship between social media usage and sleep quality. How one perceives social media may influence their usage, which may impact their sleep quality.

References are available upon request.