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Mediational Evaluation of Smartphone Addiction Effect on Insomnia and Sleepiness in Adolescents and Young Adults

ABSTRACT

This study was conducted on 394 adolescents and young adults aged 15 to 30 years to investigate the factors affecting insomnia and daytime sleepiness in adolescents and young adults.

Risk factors for insomnia in adolescents and young adults were found to be smoking, caffeine consumption between the hours of 18:00-24:00, pre-sleep eating habits, and possible smartphone addiction. Risk factors for daytime sleepiness included being female, daytime sleeping habits, lack of regular physical activity habits, and possible smartphone addiction. The rates of sleepiness and insomnia were higher in both those under the age of 18 and those with possible smartphone addiction. A weak positive correlation was found between smartphone addiction, daytime sleepiness, and insomnia. Smartphone addiction was found to be both a direct and indirect predictor of sleepiness. Smartphone addiction, lack of physical activity, smoking, and caffeine consumption at inappropriate hours were associated with sleep problems in adolescents and young adults.

Smartphone Addiction Effect on Sleep

