

# Screen Time in Bed Predicts Better Sleep Outcomes in College Students

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## Introduction:

Studies show that phone use at night is related to reduced sleep quality and more morning depletion (Exelmans & Van den Bulck, 2016; Lanaj et al., 2014; Rosen et al., 2016). We examined how variation in screen time in bed within and between people predict sleep outcomes.

## Methods:

We surveyed 91 undergraduate students across seven consecutive days ( $n = 536$  total episodes), measuring screen use in bed, sleep quality and quantity, and next-day fatigue. We ran between- and within-person correlations to evaluate the relationship between screen time in bed and sleep.

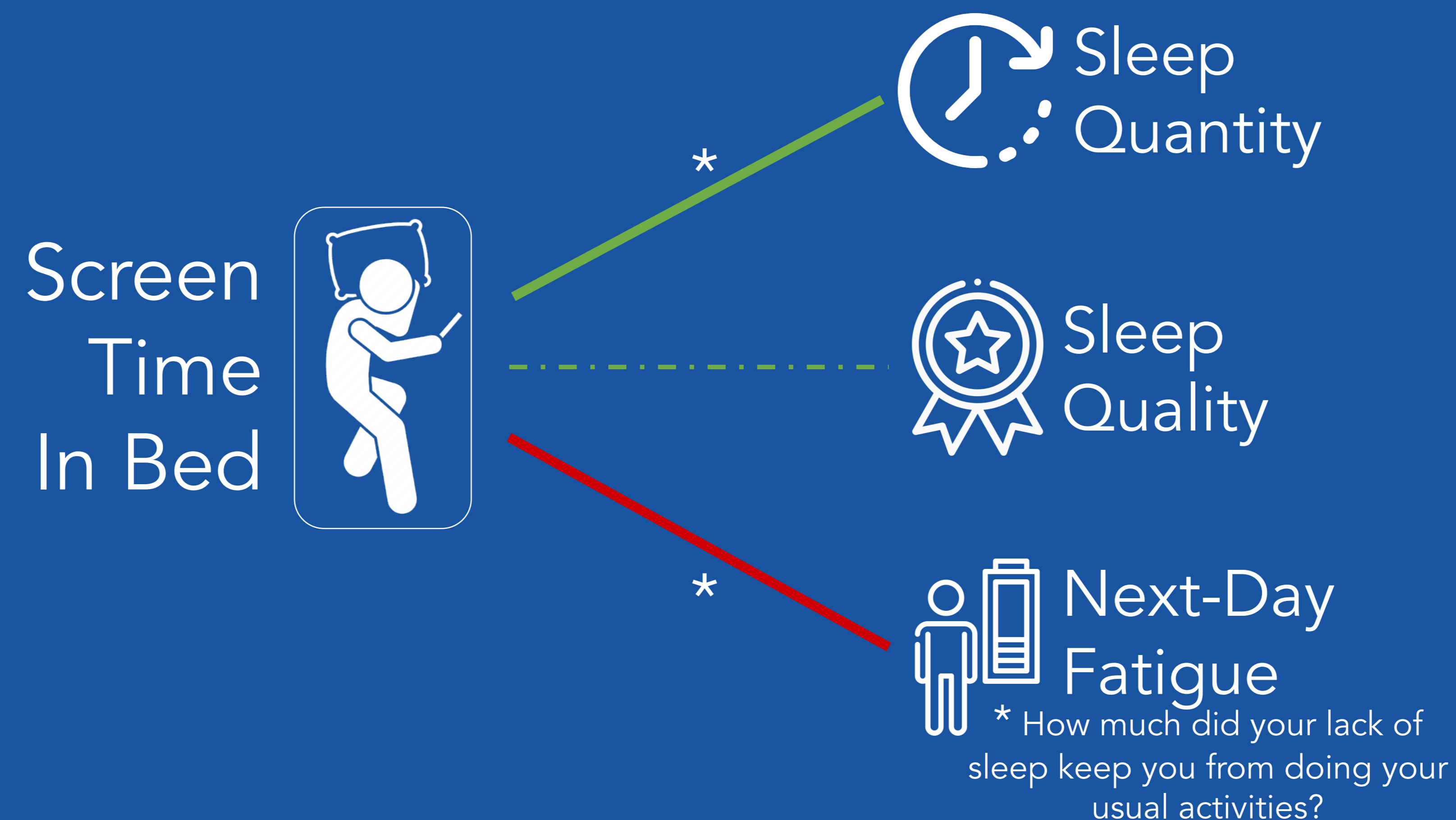
## Results:

Students who spent more screen time in bed slept longer than other students ( $r = .21, p = .045$ ). Within-person, when students spent more screen time in bed, they also slept longer ( $r = .10, p = .018$ ); in fact, screen time in bed did not predict any negative sleep outcomes. On weekdays, screen time in bed did not predict sleeping more, but still predicted experiencing fewer disruptions due to lack of sleep the next day ( $r = -.18, p = .002$ ).

## Discussion:

While these analyses do not prove that screen time in bed is beneficial, they do show that screen time in bed does not necessitate feeling more tired or depleted the next day. Future research needs to evaluate *how* screens are used at night and what other factors may affect sleep outcomes.

On nights when students spent more screen time in bed, they did not sleep less or feel more tired the next day.



## Between-Person Correlation

Sleep Quantity	Sleep Quality	Morning Depletion	Next-Day Fatigue	
.21	-.18	.13	.04	Screen Time in Bed
-	.31	-.36	-.30	Sleep Quantity
	-	-.66	-.50	Sleep Quality
		-	.59	Morning Depletion
			-	Next-Day Fatigue

## Within-Person Correlation

Sleep Quantity	Sleep Quality	Morning Depletion	Next-Day Fatigue	
.10	.08	-.08	-.11	Screen Time in Bed
-	.35	-.37	-.24	Sleep Quantity
	-	-.53	-.30	Sleep Quality
		-	.35	Morning Depletion
			-	Next-Day Fatigue

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References:

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