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#sleepyteens: Our journey investigating
social media, wellbeing and sleep

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**INSPIRING
PEOPLE**





#sleepyteens

WEIGHT LOSS

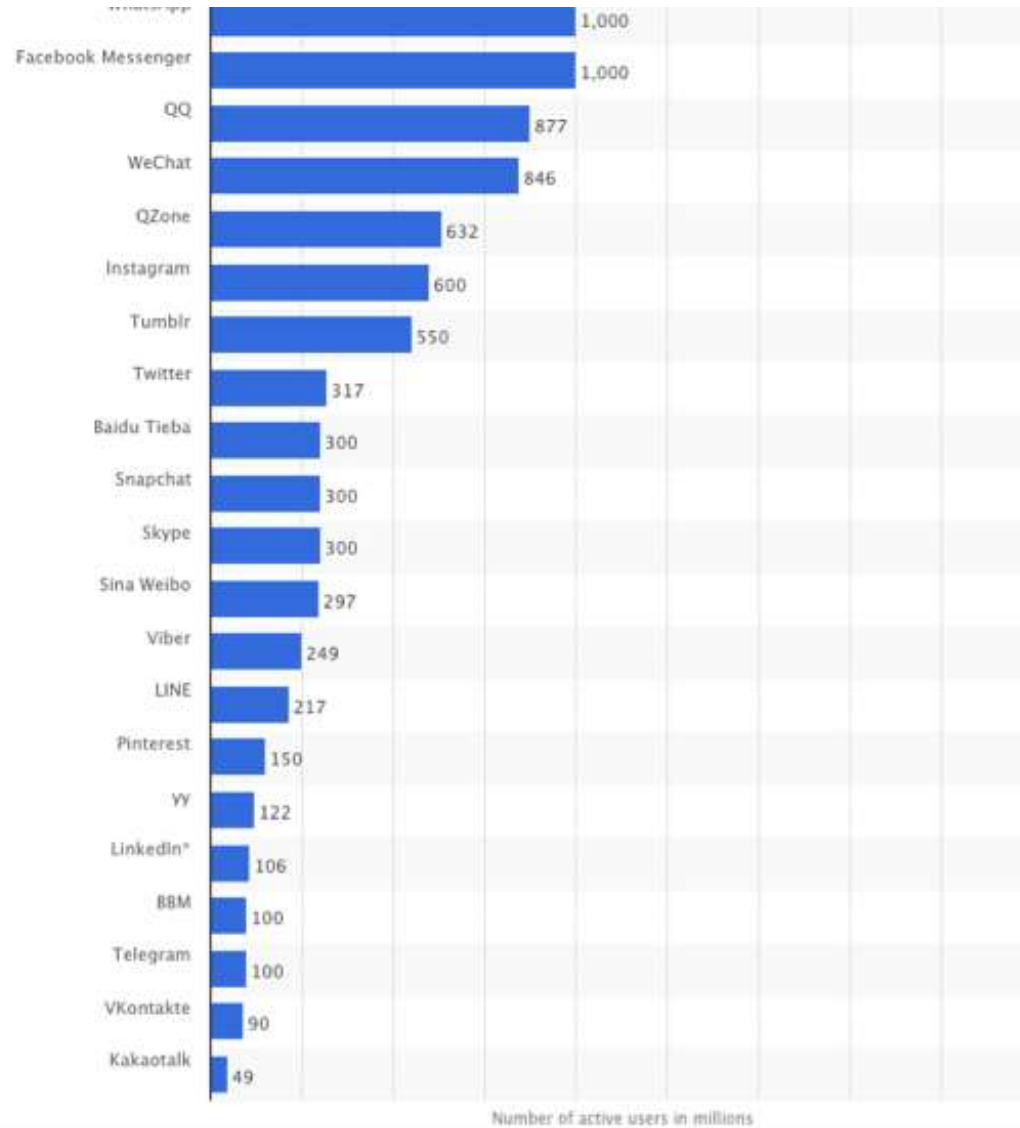
How social media may be causing you to gain weight

By Dr. Jennifer Lantieri · Published December 14, 2015 · Fox News



Pictures of to-die-for food and beverages clog the news feeds of 63 percent of social media users ages 13 to 32. As of May 2015, #foodporn, a hashtag used to mark photos of snacks and meals, was tagged 54 million times on Instagram alone. Although users cannot reach into the screen and make the depicted meal in

- Wanted to find the evidence behind social media press coverage
- Growth rate of social media use
- Scale development based on DSM addiction

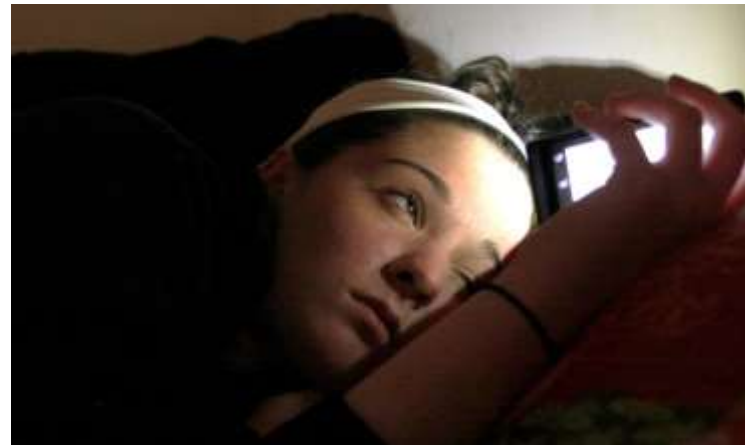




Spend more time online →
sleep less + feel more tired

- Delayed bedtime
- Bright screen
- Fear of missing out
- Waking from alerts

Van den Bulck (2004)



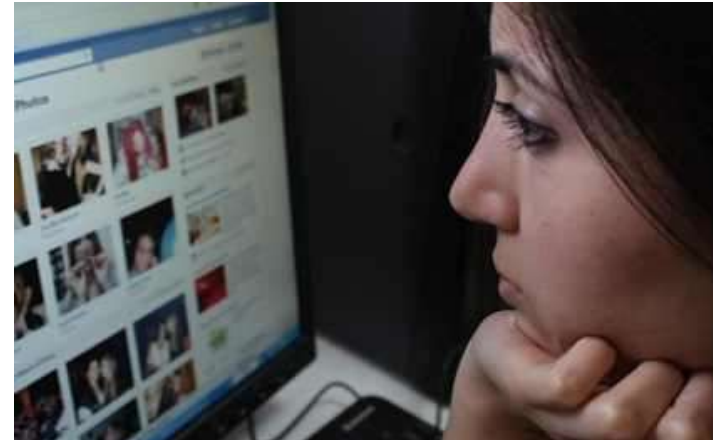


More time on social media →
increased anxiety and depression

- Pressure to respond
- Feel stressed when cut off

Feedback on online profile can
increase **or** decrease self-esteem

Farahani et al. (2011), Pantic et al. (2012),
Valkenburg et al. (2006)



How does social media use relate to sleep quality, self-esteem, anxiety and depression in adolescence?



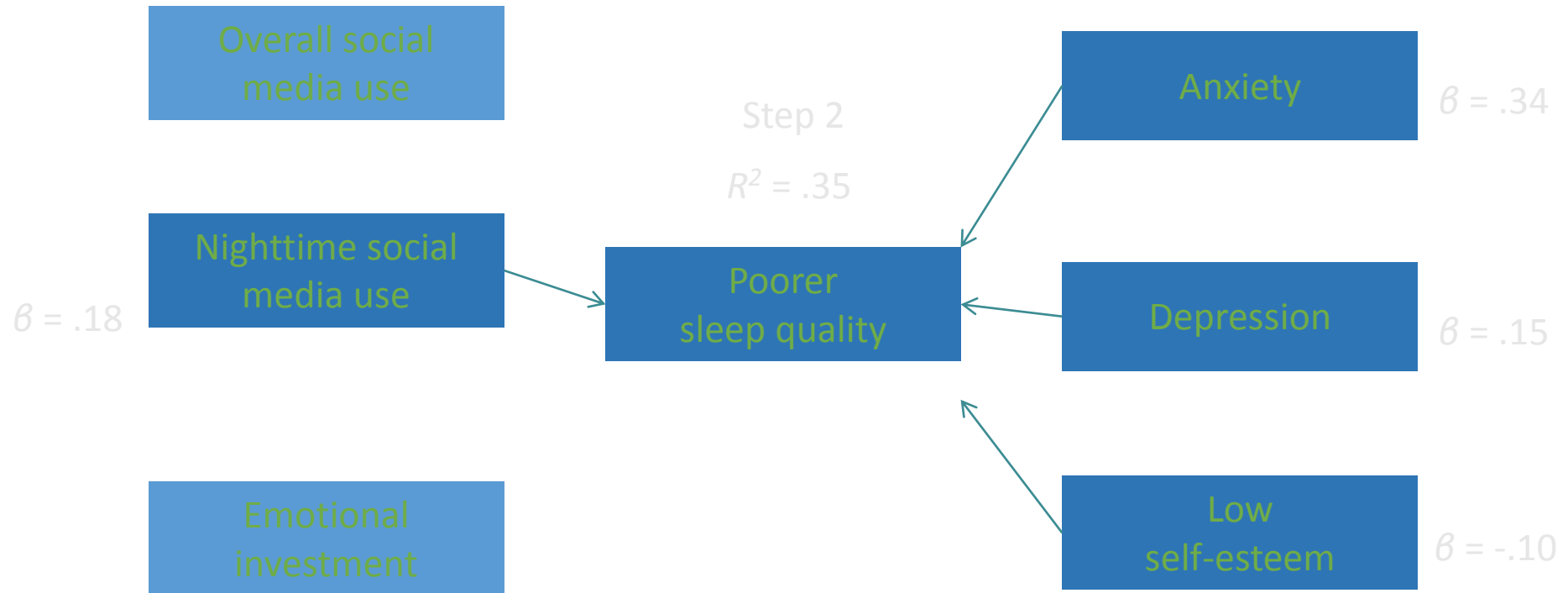
N = 467, aged 11-17 years

Social media measures:

- Overall social media use
- Nighttime-specific social media use
- Emotional investment in social media

Wellbeing measures:

- Pittsburgh Sleep Quality Index
- Rosenberg Self Esteem Scale
- Hospital Anxiety & Depression Scale





- Nighttime-specific social media use
- Digital sunset
- Emotional investment: anxiety + fear of missing out





Fear of
missing out

Social
expectations

Mood
regulation



Constant desire to stay connected

OB4 “You’re always wondering ‘what’s everyone else doing? Are they speaking to each other? Am I missing out? Should I be on this? Should I be up?’”

Missing out online → peer exclusion offline

OB5 “If you’ve not seen something that everybody else has seen- Say you’re not in a group chat which everybody else is and then they have a joke between them, it’s sort of annoying because you don’t know what they’re talking about. You think ‘maybe they’re talking about me, maybe they’re talking about somebody else’. You sort of feel a bit paranoid.

OB4 Yeah then it sort of leads to exclusion and you feel paranoid that you’re not included in that.”



Need to check/respond to notifications before sleep

OB6 *“You feel like you have to answer at night even though you’re trying to sleep. It might be important or you might miss out on something.”*

YG5 *“Once everything is checked you’re like ‘OK, finally now I can sleep’. So it’s good when it’s done.”*



Social media etiquette (“have to” reply)

OB5 “Somebody else will message you being ‘everybody’s gone to sleep, wanna stay up and chat?’ and you don’t really want to say ‘no’ and you can’t just leave them because you’ve already read it and they’ve seen that you read it. So you sort of get stuck talking to a person.”

Guilt when not available online for friends

- YG5 *“If you’re not on it for the full day, someone might have asked you about a homework question, like ‘what was the revision sheets?’ or something like that, and then you’re not there for them. Also when people aren’t there for you it’s really annoying, it’s like ‘can you come on?’*
- YG6 *You feel really bad because like you obviously want to help them but you can’t because you are not able to really...*
- IV *So, it’s sounds like you can almost feel a bit guilty maybe if you’re not on?*
- YG6 *Yeah, it’s as if you are kind of like ignoring them but you are not.”*



Meeting social norms takes priority over sleep

YB4 “Because you’re so used to using it [at bedtime] and all the people you’re in contact with will be as well. So you take it for granted. You don’t think about sleep or what time it is.”

Cognitive: focus on social media to avoid ruminating

OG1 *“I think I feel more relaxed but I think it’s because I’ve stopped thinking about everything else. I don’t worry about things.”*

OB5 *“In a way it almost helps because it gives me something to like focus on. Whereas if I don’t have my phone, my mind’s all over the place. I’m thinking about ‘What did the teacher say today about that?’ or ‘What happened? Are these people- what are they thinking? They said this to mean, what does that mean?’ ”*



Emotional: “numbness of feeling”

OG5 “It’s like a sort of method to keep you stabilised if that makes sense. Like you’re not really on edge at all. Well, not usually. Just like you’ve not got much emotion when you’re on your phone, you’re just sitting. The only emotions are the emojis and laughing.”

OB5 “Afterwards, after I’ve spoken to someone and I’m about to go to sleep I don’t really think about anything. There’s sort of like an almost numbness of feeling, there’s no feeling. You don’t feel anything.”



Contrast: others more relaxed *without* social media

OB6 *“I feel like it’s more peaceful [not using social media at bedtime]. You’re more relaxed, less to think about at night.”*

OB4 *“You’re meant to relax, calm down when you want to go to bed but instead you’ve just had like up to 10 conversations and then they’re all running through your head, what happened in the day and then it doesn’t really relax you. That’s why you struggle to get to bed.”*



- Acknowledge the social aspect – conventions
- Tool used for facilitating all natural social interactions e.g. group inclusion
- Blaming devices
- 24 hour access
- Communication very important
- Key to developing ‘best practice’
- Cognitive factors



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Ultimate goal

**Influence policy and practice
based on empirical evidence**



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University of Glasgow | Institute of Neuroscience
& Psychology

26-27 October 2017

How do online interactions shape our social world?

tinyurl.com/vcSCAN2017





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Thank You



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#UofGWorldChangers



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