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Sleep and media habits in school children and adolescents

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The aim was to investigate the effects of sleep, television use and texting and computer habits on overweight, enjoyment of school and feelings of tiredness at school in school-age children and adolescents. This cross-sectional study was conducted in Sweden on school children aged 6-16. A questionnaire was distributed to the children (n=3011 in survey I; n=204 in survey II). Children who slept less than the median length of time reported enjoying school to a lesser degree. Fewer hours of sleep were found to be associated with having a bedroom television using the television or computer more than 2 hours a day, being tired at school and having difficulties in sleeping and waking up. Overweight and obesity were found in 15.8% of the study population; obesity alone was found in 3.1%. Relationships between lifestyle factors and overweight were studied using multivariate logistic regression analysis. Having a bedroom television and using the television more than 2 hours per day were found to be associated with overweight but using the computer more than 2 hours a day was not. About 61% of the students aged 16 reported checking Facebook or social media at least once a day and 27% reported doing so for more than 10 times a day. One fourth of the students aged 16 had a habit of sending or receiving text messages at night at least once a week. Texting at night and frequent checking of Facebook and social media sites were related to sleep problems.

Biography

Pernilla Garmy is a School Nurse and a PhD student at Kristianstad University and Lund University, Sweden. She received the School Nurse of the Year Award in Sweden in 2010 and in 2012 she received an award from Her Royal Highness Queen Silvia of Sweden for her research on sleeping habits in school children. She took part in the EU-Marie Curie Training program in Sleep Research and Sleep Medicine 2008-2010. She has published more than ten papers in scientific, peer-reviewed journals and has been serving as a Reviewer for five journals.

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