

Social jetlag among adolescents

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Background

The inconsistency in sleeping time during weekdays and free days that affects the social and biological time is described as “social jetlag”.

Aim

The overall aim of this study is to test whether there is an association between both screen time and nighttime texting and social jetlag among 13- to 15-year-old adolescents in Sweden.

Methods

This study has been conducted using the quantitative data from a larger research project (ISRCTN17006300) that included a cross sectional survey in which data were collected from all schools with grades 7 and 8 in four municipalities in southern Sweden. The sample consisted of 1518 students (72.7% response rate), among whom 50.7% were girls. Ages varied between 13 and 15 years

(mean, 13.9; standard deviation (SD), 0.4). Social jetlag was defined as more than 2 h difference between bedtime and wake-up time on school days compared to weekends.

Results

The prevalence of social jetlag among this study population was 53.9%. After adjusting for age, sex, and economic status, the multivariate binary logistic regression analysis results showed that increased screen time ($p < 0.001$) and texting at night ($p = 0.002$) were significantly associated with social jetlag. Irregular bedtime and wake-up habits on school days and weekends are associated with nighttime texting and increased screen time.

Future research

For future research, more focus should be given to identifying causality factors and gain an understanding of the effects of social jetlag, which will help in developing appropriate public health messages and intervention programs.

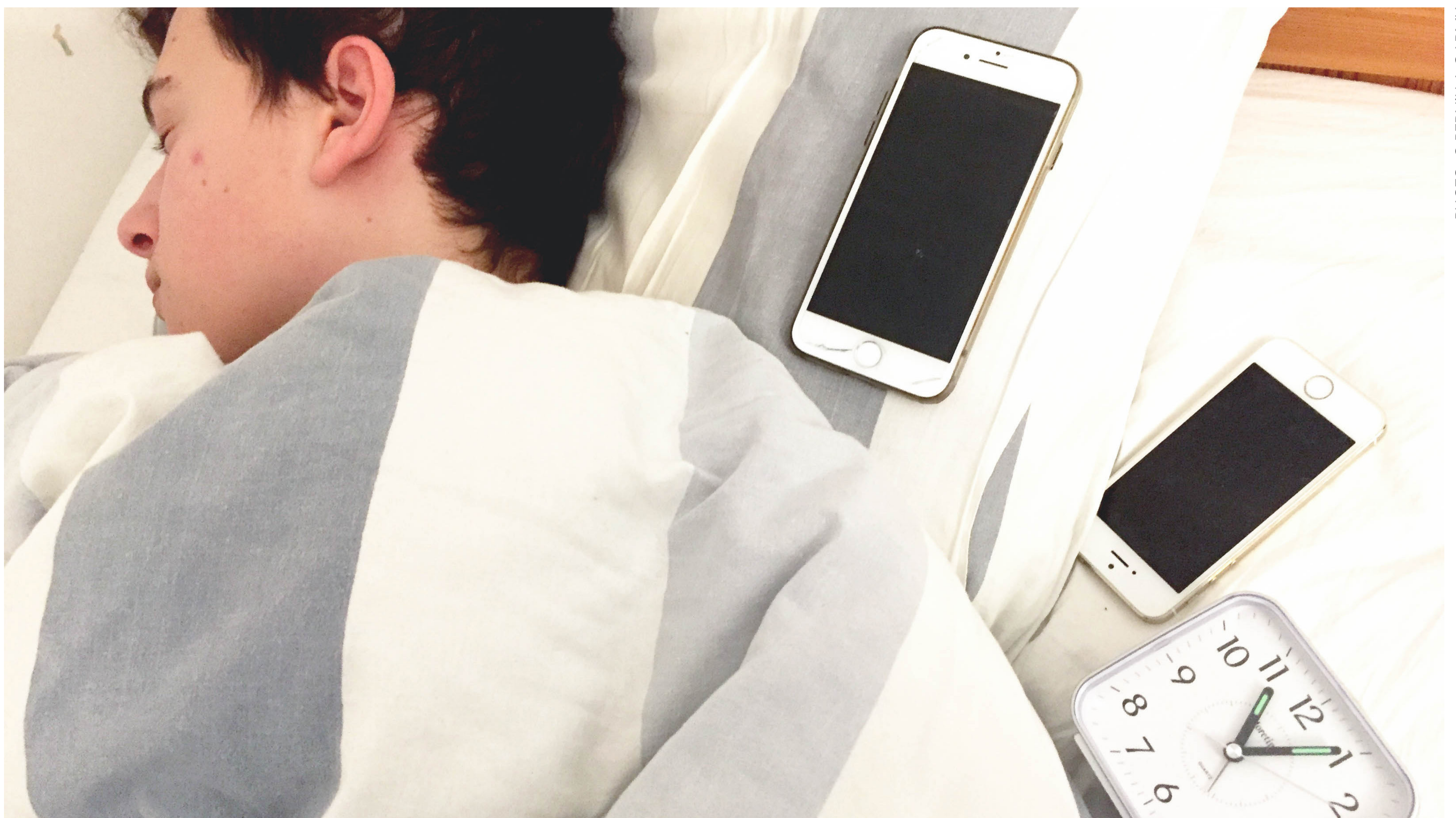


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