

## INTERNET ADDICTION AND SLEEP DISTURBANCE SYMPTOMS AMONG ADOLESCENTS

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**Introduction:** Sleep quality is a relevant dimension with regards to sleep-wake functioning, and poor sleep quality has been found to be associated with poor academic achievement and health.

**Objectives:** Internet use has been identified as having a detrimental effect on sleep patterns. Studies, however, on the relationship between Internet overuse and physical health or sleep problems have been rarely performed (5,6).

**Aims:** The aim of this study was to evaluate Internet addiction among adolescents and to examine the correlation between problematic Internet use and sleep disturbance symptoms.

**Methods:** The study was conducted among 1956 students, aged between 14 and 18 years. Internet Addiction Test (IAT) and a sociodemographic query form were used in the collection of data.

**Results:** The students with Internet addiction were more likely to have difficulty in falling asleep ( $p < 0.001$ ) and night awakenings ( $p < 0.01$ ). Problematic Internet users and Internet addicts were found to sleep significantly less than average Internet users ( $7.1 \pm 1.5$  hr/d,  $7.0 \pm 1.2$  hr/d,  $7.76 \pm 1.5$ , respectively;  $p < 0.05$ ). A significant positive correlation between daily sleep duration and IAT ( $r = -0.132$ ;  $p < 0.01$ ) and weekly Internet use ( $r = -0.085$ ;  $p < 0.01$ ) was found. Linear regression analysis revealed a significant negative and independent association of IAT with daily sleep duration ( $r = 0.235$ ;  $p < 0.001$ ).

**Conclusions:** These results indicate an association between the Internet addiction and impaired sleep. Further studies are needed to describe the causality of this association.