

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 ± 1.5 hr/d, 7.0 ± 1.2 hr/d, 7.76 ± 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.