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IMPACT OF SCREEN TIME ON SLEEP PATTERNS AND MENTAL WELL-BEING: A DESCRIPTIVE STUDY

Asifa Begam I [a], Cathryn Subashini S [a], Gowri B [a], Lalitha A [b]*

[a]PG Department of Home Science-Food Science, Nutrition and Dietetics,

[b]*Assistant Professor, Nutrition Food Service Management and Dietetics,

ShrimathiDevkunvarNanalal Bhatt Vaishnav College for Women (Autonomous)

Chromepet, Chennai-44

***Corresponding Author - lalitha.akilanathan@sdnbvc.edu.in**

ABSTRACT:

Sleep plays a vital role in maintaining overall well-being, influencing physical health, cognitive performance, and emotional stability. This study explores the relationship between screen time and sleep patterns, emphasizing the effects of prolonged screen exposure on sleep quality, mental health, and daily routines. Using a descriptive research design and convenience sampling, data were collected through an online survey from 76 participants—19 males (25%) and 57 females (75%). Age distribution showed 10.5% were 15–20 years old, 32.9% were 21–25, 19.8% were 26–30, and 36.8% were above 30. Findings revealed notable gender differences in sleep quality: 52.63% of males rated their sleep as "fair" and 47.36% as "good", while females reported poorer sleep, with 36.8% indicating "fair", 39.66% "good", and 17.54% "poor" or "very poor". A negative correlation was identified between screen time and sleep quality, with difficulties in falling and staying asleep. Specifically, 30.2% sometimes struggled to fall asleep, and 23.7% rarely did. Difficulty staying asleep was reported as "rarely" (25%), "sometimes" (23.7%), and "occasionally" (22.4%), while early morning awakenings occurred "rarely" among 25%, 22.4% had "sometimes" , and 18.4% was "almost always" category. Daytime sleepiness was prevalent, especially while reading (59.2% "sometimes"), during long rides (32.9% "sometimes", 31.6% "never", and while watching TV (30.3% "sometimes" or "rarely"). A small proportion (3.9%) reported high levels of sleepiness. These findings underscore the negative impact of excessive screen use on sleep health, particularly among females. The study highlights the importance of raising awareness about responsible screen usage, especially at night, and promoting strategies such as digital detoxes and regular sleep schedules. Further research is recommended to develop effective interventions that support improved sleep hygiene and mitigate screen-related sleep disturbances.