



Sleep Habits and Nighttime Texting Among Adolescents.

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Abstract: The aim of this study was to examine sleep habits (i.e., bedtimes and rising times) and their association with nighttime text messaging in 15- to 17-year-old adolescents. This cross-sectional study analyzed data from a web-based survey of adolescent students attending secondary schools in southern Sweden (N = 278, 50% female). Less than 8 hr of time in bed during school nights was significantly associated with more sleep difficulties, wake time variability on school days and weekends, daytime tiredness, and less enjoyment at school (all ps

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