

Social Media usage by teens: Topic, Thesis and Outline

A: Introduction

Social media has become a big part of the lives of young adults, but its impact on their sleep cannot be ignored. In fact, social media's negative effects on young adults' sleep are significant and can lead to further health complications.

B: Argument

One of the primary ways in which social media negatively affects the sleep of young adults is through the use of electronic devices before bed. Many young adults use their smartphones or laptops to access social media in the hours leading up to bedtime, which can interfere with their ability to fall asleep. The blue light emitted by these devices can disrupt the production of melatonin, a hormone that regulates sleep, making it difficult for young adults to fall asleep and stay asleep.

C. Body Paragraphs

Additionally, social media can create a sense of FOMO (fear of missing out) that keeps young adults up late into the night. As they scroll through their feeds, they may see their peers engaging in exciting activities or events, causing them to feel anxious or left out. This can lead to a vicious cycle of staying up late to keep up with social media and then feeling tired and irritable the next day.

Some people may say that because you are up on your phone it doesn't necessarily mean that you are on social media which is true but for the majority of the time teens and young adults are on their phone they are using social media.

Social media's negative effects on young adults' sleep can have significant health consequences. Chronic sleep deprivation can lead to a weakened immune system, increased risk of depression and anxiety, and decreased cognitive function. Moreover, young adults who use social media before bed may be at a higher risk for developing sleep disorders such as insomnia.

D: In conclusion

In conclusion, social media has a significant negative impact on the sleep of young adults. The use of electronic devices before bed and the FOMO induced by social media can lead to chronic sleep deprivation, which can have serious health consequences. Therefore, it is important for young adults to limit their social media use before bed and prioritize their sleep hygiene to maintain their overall health and well being.

Topic:

Influence of Social Media on young adults

Social Media: Thesis statement Social Media significantly negatively impacts young people's sleep, leading to other health problems.

Facebook is the most used social media platform with over 2.7 billion monthly users

Only 2% of teens were using Facebook in 2020 and the percentage has been going down since then.

Youtube is the most used social media platform for teens.

The second most used social media platform used by teens is snapchat

Both Tiktok and Instagram are well used social media apps used by teens as well.

Willms, J. (n.d.). *What social media Do Teens Use?* www.jessewillms.com.

Retrieved March 29, 2023, from [https://jessewillms.com/](https://jessewillms.com/what-social-media-do-teens-use/)

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Sleep:

Anxiety, depression, productivity

Impact on young people