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Social Media usage by teens:

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. Sleep is essential, and it is important that everyone gets a good amount of sleep every night. The problem is that before young adults go to bed, they use their electronics and are on social media. Even if you don't realize that doing that harms your sleep, it is.

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.

Additionally, social media can create a sense of FOMO (fear of missing out) that keeps young adults up late into the night. The way that social media is set up, some people want to stay up to date with what's happening, and 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.

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.

Works Cited

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