

## **Social Media Use, Sleep Quality and Emotional Regulation in Adolescents: A Review**

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### **Abstract**

Adolescence is a critical developmental period marked by significant changes in emotional, cognitive, social, and behavioral functioning. With the increasing integration of social media into adolescents' daily lives, concerns have emerged regarding its potential association with sleep quality and emotional regulation. The present review examines the relationship between social media use, sleep quality, and emotional regulation among adolescents, with particular emphasis on intensive, problematic, and nighttime social media use. Relevant peer-reviewed studies, systematic reviews, meta-analyses, and recent empirical research were reviewed to identify major patterns and possible mechanisms linking these variables. The literature indicates that problematic and intensive social media use is generally associated with poorer sleep outcomes, including delayed bedtime, sleep-onset difficulties, shorter sleep duration, and reduced perceived sleep quality. Nighttime social media engagement may contribute to sleep disruption through sleep displacement, cognitive and emotional arousal, and repeated checking of notifications. The literature also suggests an association between problematic social media use and difficulties in emotional regulation, although the direction of these relationships may be reciprocal. Poor emotional regulation may increase reliance on social media as a coping strategy, while excessive or problematic engagement may further contribute to emotional difficulties. Sleep quality may represent an important pathway linking digital behavior with emotional well-being. Overall, the findings highlight the need for a comprehensive approach to adolescent digital well-being that incorporates healthy social media habits, sleep hygiene, emotional-regulation skills, parental guidance, and school-based psychological interventions. Further longitudinal and intervention-based research is recommended to clarify causal pathways and develop effective strategies for promoting healthy digital engagement among adolescents.

### **Keywords**

Adolescents, social media use, sleep quality, emotional regulation, problematic social media use, psychological well-being.