



The Impact of Social Media Usage on Problematic Sleep among University Students: The Role of Emotional Self Disclosure

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Abstract

The study aimed to investigate the extent to which participants' emotional self-disclosure and sleep were impacted by use of social media. Survey method was employed. Social media usage was linked with an increase in the symptoms of sleep problems, and emotional self-disclosure was thought to be linked with an increase in the symptoms of excessive social media use. It was hypothesized that emotional self-disclosure is linked to a rise in the development of sleep problems & sleep is associated with emotional self-disclosure; this link is mediated by compulsive social media use. Permission was granted from instrument's authors. Samples of 300, ranging from 18 to 26 years were gathered. University students' use of social media, problematic sleep, and emotional self-disclosure were assessed using the Chen Internet Addiction Scale, the Sleep Quality Scale (SQS) and the Distress Disclosure Scale. The relationship between social media use, problematic sleep, and emotional self-disclosure was examined using correlation analysis. Mediation analysis used to examine how social media use and sleep issues were mediated by emotional self-disclosure. Results revealed that there was a significant positive relationship between Social Media and Problematic Sleep, a significant negative relationship between Problematic Sleep and Emotional Self Disclosure. There is a positive relationship between Social Media and Emotional Self- Disclosure but it is not significant. The results also indicate that Emotional self-Disclosure does not mediate the relationship between Social media usage and problematic sleep.

Keywords: University students, Social Media Usage, Problematic Sleep and Emotional Self- Disclosure.



INTRODUCTION

Social media use has increased dramatically in recent years, especially among college students, who now use it almost exclusively for daily activities. Although social media platforms provide many advantages, such as improved networking possibilities, communication, and information access, worries have been raised about how they can affect many facets of wellbeing. The connection between social media use and two crucial areas influencing college students' lives sleep habits and emotional health is especially fascinating.

Research continually shows that sleep is critical to general health and functioning, including emotional regulation, physical health, and cognitive function. However, new research indicates that frequent internet use may interfere with sleep cycles, which could impair sleep quality and cause dysfunction during the day for college students. Social media platforms also act as virtual forums for emotional disclosure and expression, enabling users to openly communicate their innermost ideas, feelings, and personal experiences with a large audience. Emotional openness on social media poses concerns regarding its effects on emotional health even while it might present chances for interaction and connection. Particular difficulties with emotional disclosure online may arise for university students in particular. These difficulties may include privacy concerns, self-presentation issues, and social comparison issues. University students are the primary focus group in our study for a number of strong reasons. One of the most frequent consumers of social media is university students, who log on to sites like Instagram, Snapchat, Facebook, and Twitter frequently. Their widespread and regular use of social media makes them a perfect group to research the possible effects and underlying processes of its influence on mental health and sleep patterns.

All things considered, college students provide a rich and vibrant backdrop for researching how social media affects emotional disclosure and restless nights. By concentrating on this group of people, researchers might obtain important insights into the intricate interactions that occur between the use of technology, adequate sleep, and emotional regulation at a critical developmental time. These discoveries may have implications for encouraging resilience and holistic well-being in young adults. Social media, according to Boyed & Ellison (2007), are Internet-based services that let users create a public or semi-public profile inside a system, list other users they are connected to, and navigate both their own and other users' lists of connections. A medical condition that affects a person's sleep patterns is called somniphobia, or sleep disorder. Certain sleep disorders can affect a person's ability to operate normally on the physical, mental, social, and emotional levels. Sleep disturbances are common and can negatively impact a patient's quality of life and overall health. (Jan, Khan & Mehsud, 2021).

It's that there are serious worries about social media's impact on young people, especially in regards to sleep disorders and mental wellness. The frequent surfing, notifications, and interaction on social media that characterizes excessive use has been related to irregular sleeping habits, including shorter sleep length and lower sleep quality.

According to a number of studies, including Lenhart and Madden's from 2007, teenagers use social media mostly for gossip, chatting with friends they already have, and making new ones. Teenagers may create their identities and learn what information to publish and not disclose on social media by using it as a creative platform. They can also receive feedback, both good and negative, which is very beneficial for the development of



self-esteem (Valkenburg & Peter, 2011). In addition to encouraging creative skill, Social media gives people the chance to exhibit their creativity via sharing films, music, Or artwork.

Social media not only provides enormous Communication opportunities but also acts as a platform for social change and product Marketing (Sreejesh, 2020). While these internet communication channels have revolutionized how people communicate, they have also brought up a number of issues (Lim, 2012). Due to their frequent use of various social media websites to satisfy various Social demands in the online environment, users have been faced with a number of issues, including fatigue due to social media, sleep conditions, obsessive use, on the internet Regret, and fear of lacking out. (Dhir et al, 2021).

Problematic sleep generally refers to sleep duration shorter than the seven to nine Hours necessary for restful sleep, whereas sleep disturbance refers to poor sleep quality That hinders daily functioning. Poor sleep is associated with excessive daytime sleepiness, Depressed mood, and difficulty concentration. Thomee et al. observed an association Between excessive computer use and sleep disturbances in men, and Hokby et al. reported That time spent on the internet was associated with sleep loss at follow-up among Students. Students' sleep deprivation is a rapidly growing health concern. While researchers Advise young adults to sleep 7 to 9 hours a day to stay healthy a 2017 study discovered That 50% of youth sleep for fewer than 6 hours per night (Nasirudeen et al., 2017). Considering that 90% of youth use social media constantly social media use may be Related to the little, frequently subpar sleep that these youths obtain. Increased social Media use that has continued into the night has also contributed to sleep-related problems.

Other terms for internet addiction disorder (IAD) include abnormal or problematic Internet use. It is commonly understood to be problematic, compulsive internet use that, Overtime, significantly impairs a person's ability to perform in a variety of spheres of Life. Sleepiness, movement problems (such as restless legs syndrome), and parasomnias (such as sleep terrors, sleepwalking, bruxism, and nightmares). (Arora, Thomas, Taheri, & Broglia, 2014). Munezawa et al. (2011) showed a substantial correlation between using a mobile phone after lights out and several sleep problems, such as short sleep duration, Poor sleep quality, excessive daytime sleepiness, and insomnia symptoms. The impact of Media consumption on sleep is another unfavorable effect. Teenagers are bringing media Into their bedrooms as it gets lighter, smaller, Wi-Fi, and more readily available. The Alerting effects of bright screens are another way that media consumption may affect Sleep. The time of sleep and waking patterns is regulated by the circadian rhythm. Light Moderates these patterns, which oscillate over a period of around 24 hours.

Online self-disclosure, which is a crucial component of social media user behavior, is the deliberate or inadvertent sharing of private information on social media platforms for a variety of purposes, including self-presentation (Dhir et al, 2021). While self-disclosure on the internet is not inherently problematic, it can lead to serious negative consequences like insomnia if the behavior spirals out of control (for example, by revealing details about daily activities on a regular basis) (Woods & Scott, 2016).

Emotional self-disclosure happens in everyday life naturally. People often reveal both their happy and negative emotions since it can enhance interpersonal information and has intrinsic rewards. These days, social networking sites (SNSs) like Facebook are widely used, making it simple for people to express their feelings to a large audience. According to research, emotional expressions are common on social networking sites



(SNSs), and their general pattern corresponds with changes in seasonal mood (Golder & Macy, 2011).

What influences emotional sharing on SNSs is yet unknown, though. Research has examined the relationship between online networks and the number of messages posted and the length of time spent on Facebook. Facebook (2010) discovered a negative correlation between the amount of emotion terms in status updates and network size.

Social media is being used more and more in today's world To maintain social interactions. Giving personal details about oneself to other people is Known as self-disclosure, and it is regarded as a prerequisite for the growth of Interpersonal connections. It helps people express themselves, create their own identities, And form friendships on an individual basis. There are differences in the breadth, depth, And duration of self-disclosure, and these variations can affect how close and compatible A couple is. (Schäwel & Krämer, 2020).

Studies show that online Forums and support groups provide a welcoming environment for people to interact with others who are experiencing comparable hardships, illnesses, or distress. Consequently, They can function as reasonably priced and useful ways to receive assistance and direction About matters pertaining to health. (Eysenbach et al. 2004).

The exchange of private details with others could be classified as self-disclosure. Whilst self-disclosure can take numerous forms, it often comes into two categories: Quantity (depth, duration, and frequency) and quality (accuracy, intention, and valence). "Verbally communicating personal information about the self to another person" is the Definition of self-disclosure, which refers to presenting an accurate picture of oneself to Others regardless of how it may affect one's public persona.

Hypothesis:

H₁: There would be a positive relationship between social media usage and problematic sleep among university students.

H₂: There would be a positive relationship between social media usage and emotional self-disclosure.

H₃: Emotional Self Disclosure would mediate the relationship between social media usage and problematic sleep.

Method

Participants and data collection

This study adopted a quantitative approach in which survey research design is used to collect data. Our study's target population was determined to be young adults who utilize social media because they are frequently active on these sites. The sample was comprised of 300 with age ranging from 18-26 (M=1.50, SD= .50) years recruited from different Government as well as private colleges and universities. Confidentiality was guaranteed and consent was obtained right away. At first participants were requested to complete a demographic form that enquired about their age, gender, ethnicity, and use of mobile phones. Participants who spent more than five hours on social media and engaged in Emotional Self-Disclosure were included. It was required of participants to have a minimum of one active social network account (such as one on Facebook, Instagram, Twitter, or Tiktok). Having trouble concentrating or paying attention during the day because of problematic sleep were included. Individuals with any kind of physical disorder were not included and individuals with sleep disorders, including sleep apnea, narcolepsy,



insomnia, restless legs syndrome, and other psychiatric disorders, were not allowed to participate in the study

Dependent Variables: problematic sleep

Problematic Sleep (M=67.22, SD=9.10)

The scale has been validated in individuals aged 18–59 years. Requiring between 5 and 10 min for administration, the scale is a simple self-report, pencil-and-paper measure. Consisting of 28 items, the SQS evaluates six domains of sleep quality: daytime symptoms, restoration after sleep, problems initiating and maintaining sleep, difficulty waking, and sleep satisfaction. The Pearson correlation coefficient for problematic sleep items was $r = -1.2$ ($p < .001$).

Mediator: Emotional Self Disclosure

Emotional Self Disclosure (M=33.54, SD=6.27)

Measuring the tendency to conceal versus disclose psychological distress. 1. When I feel upset, I usually confide in my friends (strongly disagree: 1, disagree: 2, Neutral: 3, agree: 4, Strongly disagree: 5), 2. I prefer not to talk about my problems (strongly disagree: 1, disagree: 2, Neutral: 3, Agree: 4, Strongly disagree: 5).

Independent Variables: Social media Usage

Social Media Usage (M=64.29, SD=14.0)

In 2003, the Chen Internet Addiction Scale (CIAS) was developed by Chen Weng, Su, Wu & Yang. The CIAS is a four-point, 26-item self-reported scale assessing five dimensions of Internet-related symptoms and problems, including symptoms of compulsive use, withdrawal, tolerance, and problems in interpersonal relationships and health/time management. The total score of the CIAS ranges 26–84. Higher CIAS scores indicate increased severity of addiction to internet activity. The Pearson correlation coefficient for social media usage items was $r =$ ($p < .001$).

Covariate

All covariates were not directly asked to participants. One exception was gender which was a part of demographics. An independent two-sample t-test was used to study whether two groups differ from each other in choices.

Gender

Gender included two categories males (50%) and females (50%). We recorded gender as categorical variable so that we measure the differences of both genders in choice of selection. Independent T-test analysis showed that male participants (M=64.46, S=13.32) had higher scoring than females (M=64.12, S=14.69) on social media usage and on Emotional Self-Disclosure male participants (M=33.76, S=9.42) as compared to females (M=33.32, S=6.53) But females (M=67.88, S=8.74) scored higher on problematic sleep than male participants (M=66.56, S=9.42).

RESULTS

The aim of the current study was to find the relationship between social media usage, problematic sleep and emotional self-disclosure in university students. Firstly, Cronbach's alpha is presented to explain the internal consistency of the measuring instruments. Secondly Pearson Moment Correlation analysis is presented to show the relationship between social media usage, problematic sleep and emotional self-disclosure in university students. Finally, mediation analysis was done to see whether the effect of the independent variable on the outcome variable can be mediated by a change in the mediating variable.



Table 4.1: Note, *M*=Mean, *SD* = Standard Deviation, *CIAS* = Chen Internet Addiction Scale, *SQS*= Sleep Quality Scale, *DDI* = Distress Disclosure Scale.

| | k | M | SD | α | Minimum | Maximum |
|----------------------------|----|-------|-------|----------|---------|---------|
| Social media usage | 26 | 64.29 | 14.00 | 0.89 | 26.00 | 103.00 |
| Problematic sleep | 28 | 69.90 | 10.28 | 0.72 | 12.00 | 51.00 |
| Emotional self- disclosure | 12 | 33.54 | 6.27 | 0.54 | 12.00 | 51.00 |

In table 4.1 the Cronbach's alpha reliability index of Chen Internet Addiction Scale was found to be 0.89 indicated a good internal consistency for the overall scale. The Cronbach's alpha reliability index of Sleep Quality Scale was 0.72 which is considered to be good internal consistency for overall scale. The Cronbach's alpha reliability index of Distress Disclosure Scale was found to be 0.54 (nearly 6) is acceptable as the value of Cronbach's alpha between 0.6 to 0.8 is deemed acceptable.

Correlation Analysis

It was hypothesized that (1) there would be a positive relationship between social media usage and problematic sleep, and (2) there will be positive relationship between social media usage and Emotional Self disclosure, and (3) there will be mediator role Emotional Self Disclosure for social media usage and problematic sleep. The correlation analysis will be shown in table 4.2.

Table 4.2: Pearson Predict Moment of coefficient of correlation of social media usage, problematic sleep and Emotional Self disclosure in university students (*N*=300)

| Sr. | Variables | 1 | 2 | 3 | 4 | M | SD |
|-----|----------------------------|--------|--------|-------|---|-------|------|
| 1 | Age | | | | | 1.56 | .50 |
| 2 | Social media usage | -.023 | - | | | 64.29 | 14.0 |
| 3 | Emotional self- Disclosure | .106 | .023 | - | | 33.54 | 6.27 |
| 4 | Problematic sleep | .173** | .286** | -.024 | - | 67.22 | 9.10 |

Note. * $p < .05$, ** $p < .01$, *** $p < .001$

Table 4.2 shows that there is a negative relationship between age range and social media usage of university students which means that it is non-significant. Results shows that there is a significant positive relationship between social media usage and problematic sleep which shows that if social media usage increases, then problematic sleep also increases and vice versa. As shown in the table that, there is a negative relationship between emotional self-disclosure and problematic sleep which means it is non-significant. It is shown from the results that there is positive relationship between social media usage and emotional self-disclosure but it is non- significant. It is also shown in table that there is significant positive relationship between age and problematic sleep which means that university students with higher age range will have more problematic sleep as compared to those students with low age range and vice versa. It is shown that there is a positive relationship between age range and emotional self-disclosure which means that university students with higher age range have more emotional self-disclosure as compared to those students with lower age range and vice versa.



Mediation Analysis

Table 4.3: *Emotional self-disclosure as a mediator between social media usage and problematic sleep*

| Effect | Path | β | SE | P | 95% CI | |
|----------|---|---------|------|------|--------|-------|
| | | | | | Lower | Upper |
| Total | Social media usage (X) → Problematic sleep (Y) | .186 | .036 | .000 | .115 | .257 |
| Direct | Social media usage (X) → Problematic sleep (Y) | .186 | .036 | .000 | .115 | .257 |
| Indirect | Social media usage(X) → Emotional self-disclosure (M) → Problematic sleep (Y) | .000 | .003 | | -.008 | .005 |

β =beta, SE=standard deviation, p=significant value

The total effect represents the relationship between the social media usage on problematic sleep. It includes both the direct effect of social media usage on problematic sleep and any indirect effects mediated through the mediator variable emotional self-disclosure. In this table, the total effect of social media usage on problematic sleep is indicating a statistically significant relationship (β =.186, SE=.036, 95%CI [.115, .257], p =.000).

The direct effect represents the relationship between the predictor variable social media usage and the outcome variable problematic sleep while controlling for the mediator variable emotional self-disclosure. It shows how much of the relationship between social media usage and problematic sleep remains after accounting for the mediator emotional self-disclosure. In this table, the direct effect of social media usage on problematic sleep is also .186 (with a p -value < .001), indicating that even when controlling for emotional self-disclosure, social media usage still has a significant direct effect on problematic sleep.

The indirect effect of social media usage on problematic sleep through the mediator emotional self-disclosure. In this table, the indirect effect of social media usage on problematic sleep through emotional self-disclosure is not statistically significant (β =.000, SE=.003, 95% CI [[-.008, .005] indicating that emotional self-disclosure does not mediate the relationship between social media usage and problematic sleep.

Overall, the mediating table suggests that while there is a significant total and direct effect of social media usage on problematic sleep, the mediator variable emotional self-disclosure does not significantly mediate this relationship.

DISCUSSION

The present study was aimed to study the relationship between social media usage, sleep problem and emotional self-disclosure. By examining these variables, we sought to gain a deeper understanding of how social media usage impact problematic sleep and how university students indulge in emotional self-disclosure.

Demographic characteristics showed that a total of 300 university students residing in Sialkot were recruited in the current study. The participants of the present study were selected both from government and private institutes approached by the researchers. The sample age range was 18-26 years (M =1.50 years, SD =.50 years). Most of the participants were unemployed, with middle socio-economic status, most of the student were not have any physical or psychological problem, and some of the participants were doing jobs with their studies. Descriptive analysis found that the



university students mostly unemployed because their parents were alive and support them for their needs. In our study, we investigated how age differences among university students relate to their usage of social media, sleep patterns, and emotional self-disclosure tendencies. In our study, we investigated the gender differences in social media usage, problematic sleep patterns, and emotional self-disclosure. We aimed to understand how gender influences these behaviors and experiences among university students.

Firstly, it was hypothesized that there is likely to be relationship between social Media usage and problematic sleep. The current Study's results confirmed the hypothesis. The data clearly show a large positive association between difficult sleep and social media consumption, indicating that problems with sleep will inevitably develop as social media usage increases. This result is consistent with earlier research showing that using social media can interfere with sleep. Research has shown that youth who use social networking sites platforms have poor personal networking sleeping habits, which includes a tendency to check their accounts as soon as they wake up and at night. They also report having trouble sleeping as a result of their Obsession with social media. The cause of the association between social media use and poor Sleep hygiene on the platform is that young users are continuously involved in various Activities meant to keep gadgets on and interact with their friends. This leads them to follow Irregular sleep schedules, which in turn degrades the quality of their sleep. (Dhir, Talwar, Kaur, Budhiraja, & Islam, 2021).

Getting shorter periods of sleep and having trouble falling asleep are two symptoms of sleep difficulties. According to Fobian et al. (2016), these elements are connected to social media platforms sleep hygiene. Notably, numerous earlier researchers have discovered that adequate sleep hygiene is a crucial precondition for high-quality sleep among teenagers (Gallasch & Gradisar, 2007).

Secondly, it was hypothesized that the social media usage is correlated with the increased manifestation of emotional self-disclosure. It is shown from the results that there is positive relationship between social media usage and emotional self-disclosure but it is non- significant. Previous research and the concepts of self-awareness theory suggest that social media users' need to maintain social contacts and their appearance demands for management may be the driving forces behind online self-disclosure. (Duval & Wicklund, 1972). Users are encouraged to devote a greater amount of time on social networking sites when they disclose more about themselves online, as this leads to increased user happiness. Users who provide personal information online exhibit a greater propensity to monitor the Reactions of those in their network of friends to the material they disclose. During this Process, people may become addicted to constantly monitoring social media platforms, lose Sense of time, and begin to display bad Social networking sleep hygiene.

Through the internet self-disclosure is fueled by the need for social validation as well as the need to overcome emotions of anxiety, loneliness, and low self-worth (Hollenbaugh & Ferris, 2014). This, in turn, causes a rise in social media usage. Such overindulgence on social media demonstrates obsessive use of social media, as previous research has suggested. (Andreassen & Pallesen, 2014).

Thirdly, it was hypothesized that Emotional self-disclosure impacted as mediator between social media usage and problematic sleep. There is a negative relationship between emotional self-disclosure and problematic sleep but it is non-significant. Even though there was not previously established model to confirm or refute this relationship,



we had predicted that young adult users would reveal more online in order to cultivate a positive with social circle and create social capital (Seidman, 2013). As predicted in the hypothesis that problematic sleep increases with the increase of emotional self-disclosure but results indicate their negative relationship. This would also cause individuals to pay closer attention to the behaviors and reactions of people they aspire to impress or who they consider to be ideal. Their constant need to use internet platforms to meet their impression management goals presumably takes up so much of their attention that they sacrifice sleep time and lower the quality of their sleep. Because social media compulsive usage and sleep hygiene have been related to online self-disclosure, we expect that these factors will also be related to online self-disclosure. (Luo & Hancock, 2020). Problematic sleep is influenced by stalking, compulsive use and poor sleep hygiene, with sleep hygiene having the strongest effect, while poor sleep hygiene and compulsive use also partially mediate the association of both stalking and online self-disclosure with problematic sleep. (Dhir, Talwar, Kaur & Bhudiraja, 2021). Social networks can and do impact sleep, especially sleep quantity. In contexts where students want to have larger networks, the difficulties of increasing network size and maintaining larger networks negatively impact sleep. Because of peer influence, the effectiveness of interventions designed to improve sleep practices could be increased by leveraging student social networks to help diffuse better sleep habits. (Wang, Mattingly, Payne, Hachen, 2021).

This study is not without limitations. Firstly, Limited age range for research only university students was taken for research and Secondly, Limited geographical scope because data was only taken from Sialkot universities. Most of universities were not giving permission for data collection from their students.

Despite these limitations, the study on social media usage, problematic sleep and emotional self-disclosure could be beneficial for researchers by providing insights into the correlation between these factors, aiding in the development of interventions and guidelines, e.g: Clinicians could use this information to better understand and address sleep issues and emotional well-being in their patients who use social media extensively. For the general public, it may raise awareness about the potential impact of social media on sleep quality and emotional health, encouraging more mindful usage. The study could be helpful for individuals who are concerned about their sleep quality or emotional well-being, especially if they frequently use social media. It may offer insights into how their online habits could be affecting their sleep patterns and emotional health, empowering them to make informed decisions about their social media usage for better overall well-being. The study could help in societal understandings and policy-making. It could inform public health campaigns or educational programs aimed at promoting healthier social media habits and addressing the potential negative impacts on sleep and emotional health. By putting these ideas into practice, you may both encourage restful sleep and minimize self-disclosure via social media while still keeping a positive and well-balanced online presence.

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