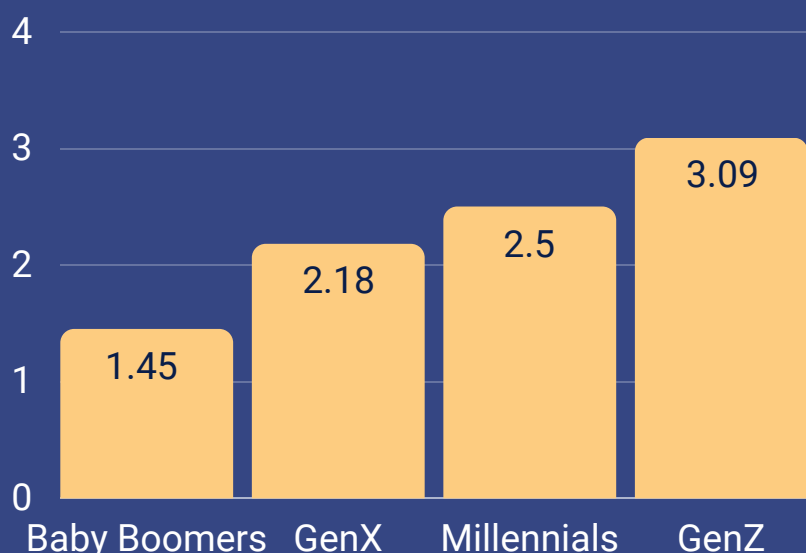


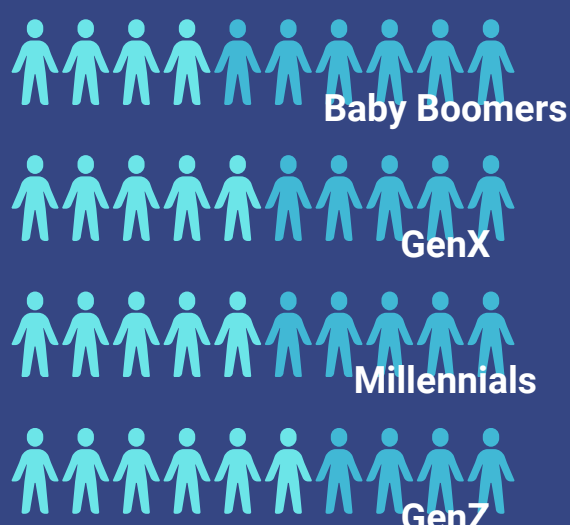
# Screen Time & Sleep Habits By Generation

## SLEEP PATTERNS

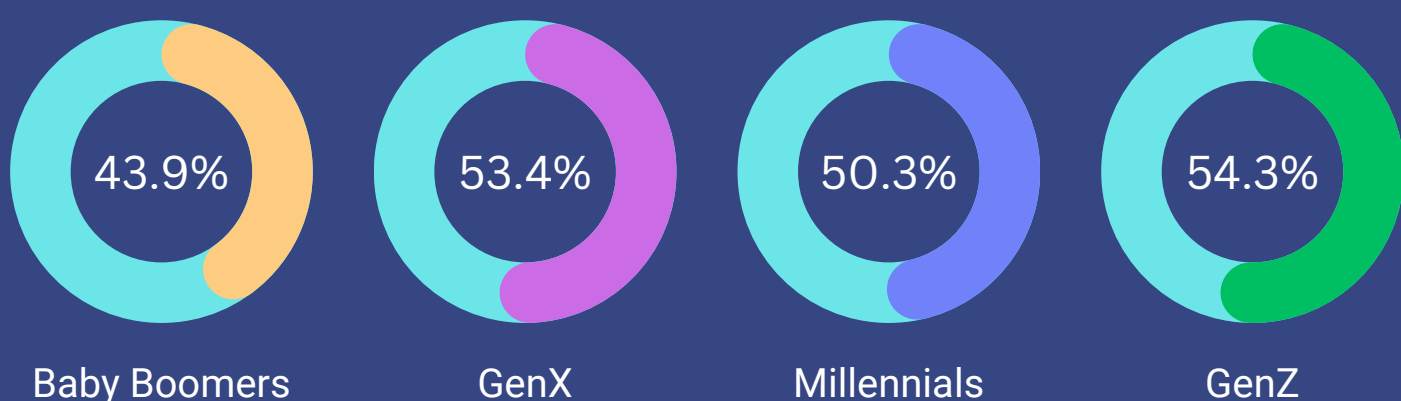
NIGHTS KEPT AWAKE BY SCREENS PER WEEK



STRESS LEVELS (1-10)



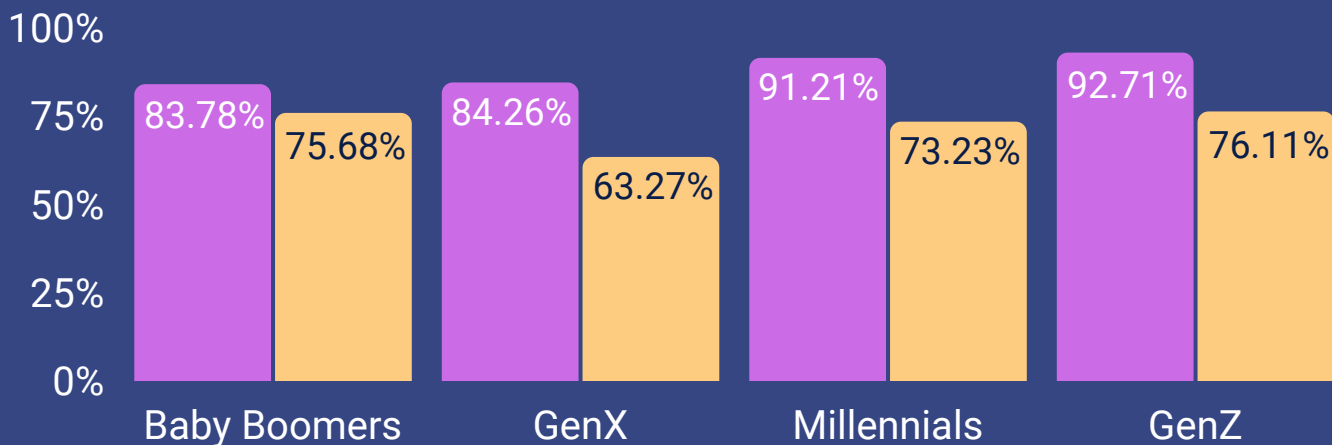
STRUGGLING TO FALL AND STAY ASLEEP MOST OF THE TIME



## SCREEN USAGE

SCREEN USAGE BEFORE BED AND UPON WAKING UP

- views a screen most or all nights before bed
- views a screen most or all mornings upon waking up



TRIED TO AVOID SCREEN USAGE BEFORE BED AND UPON WAKING UP WITHIN THE LAST MONTH



SOCIAL MEDIA USAGE BEFORE BED AND UPON WAKING UP

- uses social media most or all nights before bed
- uses social media most or all mornings upon waking up

