

## عنوان مقاله:

The Correlation between Cell Phone Use and Sleep Quality in Medical Students

## محل انتشار:

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## خلاصه مقاله:

**Introduction** The negative health effects of electromagnetic radiation and psychological dependence are among the major consequences of widespread cell phone use in the general population, especially among adolescents. In this study, the relationship between cell phone use and sleep quality parameters was evaluated. **Materials and Methods** The study sample consisted of 820 students (305 males and 515 females), recruited from Arak University of Medical Sciences, Arak, Iran. The participants completed Pittsburgh Sleep Quality Index (PSQI) and Cell-phone Overuse Scale (COS); the validity of these questionnaires had been previously confirmed in the Iranian population. Information on demographic characteristics and variables associated with cell phone exposure, such as the frequency and duration of phone calls and number of messages was collected in a separate questionnaire. **Results** Data analysis showed that cell phone overuse was significantly correlated with sleep quality and its components. Moreover, the results indicated that the global PSQI score and some sleep components were significantly correlated with several variables related to cell phone use. Based on the findings, the mean PSQI score was significantly different among heavy and light cell phone users ( $P < 0.01$ ). Moreover, among heavy cell phone users, females had a higher global PSQI score, compared to males ( $P < 0.01$ ). **Conclusion** According to the literature and the present study, services provided by modern cell phones, along with the extensive use of these devices, could be considered as potential threats to public health, especially adolescents' sleep quality. In order to reach a definitive conclusion, further systematic and laboratory studies are required.

## کلمات کلیدی:

Cell phone, Sleep Quality, medical students

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