Conclusion
These findings highlight the importance of regular, consistent sleep habits and the problems associated with sleeping with a cell phone in the bedroom.

I send and receive SMS at night

- Every week
- Every month
- Never/Seldom

Aim
To examine sleep habits (i.e., bedtimes and rising times) and their association with nighttime text messaging in 15- to 17-year-old adolescents.

Methods
This cross-sectional study analyzed data from a web-based survey of adolescent students attending secondary schools in southern Sweden (n=278, 50% female).

Results
Less than 8 hours of time in bed during school nights was significantly associated with
- sleep difficulties,
- wake time variability on schooldays and weekends,
- daytime tiredness,
- and less enjoyment at school (all p<0.05).

Sending and/or receiving text messages (SMS) at night was significantly associated with
- later bedtimes,
- shorter time in bed,
- daytime tiredness during school,
- and irregular sleep habits (p<0.05).

Reference