

## REVIEWER'S REPORT

Manuscript No.: IJAR-52024

Date: 02-06-2025

**Title: “ Influence of Screen Time on Quality of Sleep Among General Population – A Cross Sectional Study”**

### Recommendation:

Accept as it is.....**YES**.....

Accept after minor revision.....

Accept after major revision .....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		√		
Techn. Quality		√		
Clarity		√		
Significance			√	

**Reviewer's Name:** Mr Bilal Mir

**Reviewer's Decision about Paper:** Recommended for Publication.

**Comments** (*Use additional pages, if required*)

### Reviewer's Comment / Report

#### Research Focus:

This study explores the relationship between screen time exposure and sleep quality among the general population, focusing on how extended use of light-emitting devices, especially before bedtime, may disrupt sleep patterns.

#### Abstract and Content Clarity:

The abstract clearly outlines the background, objectives, methods, key results, and statistical findings. It succinctly communicates the prevalence of poor sleep quality and high screen time

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in the sample, and establishes the significant association between these variables, thus providing a comprehensive overview of the study.

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### Methodology:

The cross-sectional design with respondent-driven sampling appropriately suits the exploratory nature of the research. The use of the Pittsburgh Sleep Quality Index (PSQI), a validated tool for assessing sleep quality and quantity, enhances the reliability of the data collected. The demographic breakdown and sample size (n=310) provide a reasonable representation of the general population.

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### Statistical Analysis:

The application of chi-square and independent t-tests to analyze the relationship between screen time and sleep parameters is appropriate. The report of significant p-values ( $p=0.001$ ) supports the study's conclusion about the influence of screen time on sleep quality and duration.

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### Results and Findings:

The study finds that a substantial proportion of participants have poor sleep quality and engage in more than two hours of screen use daily, with social media and communication being primary activities. The statistically significant association between increased screen time and poorer sleep outcomes aligns with current literature on this topic.

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### Literature Context:

The study addresses a widely recognized public health concern in a contemporary context of ubiquitous screen usage. The focus on both quality and quantity of sleep adds depth to the analysis, reflecting current scientific interest in the multifaceted effects of screen exposure.

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### **Organization and Language:**

The paper is logically organized, moving clearly from objectives through methods, results, and conclusions. The language is clear, concise, and accessible for an academic audience interested in sleep research, public health, and behavioral sciences.

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### **Contribution and Impact:**

By quantifying the association between screen time and sleep disturbances in a general population sample, this study adds valuable empirical evidence to support public health recommendations aimed at reducing screen exposure, particularly during evening hours.

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### **Overall Assessment:**

This research presents a well-designed and executed cross-sectional study with relevant findings that contribute to understanding the impact of modern lifestyle factors on sleep health. The statistical analysis is robust, and the conclusions are well supported by the data.

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