

SEX DIFFERENCES IN SOCIAL JETLAG IN TEENS

Infographic by Dr. Maria Hrozanova

Social jetlag

Misalignment in sleep timing between weekends (Fri & Sat nights) vs. weekdays.

This study

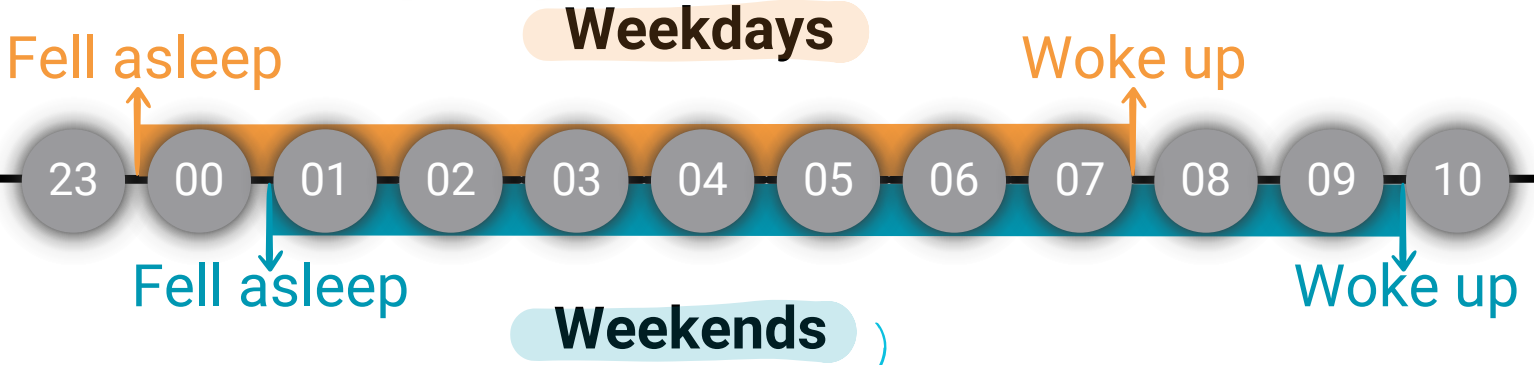
15-16 years
Participants
65 ♂
91 ♀
Up to 10 nights measured with SOMNOFY®
Quantified teens' sleep/wake patterns and sleep stages, investigating sex differences in social jetlag.

We found

On average

Teens fell asleep at **23:41**, woke up at **07:48**, and slept for **7.7 h**.

Social jetlag



Teens slept **longer**, but had **more trouble** falling asleep, **less** deep sleep, and **worse** sleep quality.

Sex differences in social jetlag

On weekends, boys fell asleep **later** and **slower**, and had **worse** sleep quality than girls.

Overall

1 The observed sleep patterns reflected healthy, albeit somewhat short sleep.

2 We found convincing evidence of social jetlag, with poorer sleep on weekends vs. weekdays.

3 Boys exhibited more severe social jetlag than girls.

Reference

Hrozanova, M., Haugan, J. A., Saksvik-Lehouillier, I., Skalická, V., Krondorf, L., Stenseng, F., & Moen, F. (2023). Quantifying teenagers' sleep patterns and sex differences in social jetlag using at-home sleep monitoring. *Sleep Medicine*, 107, 1-8.