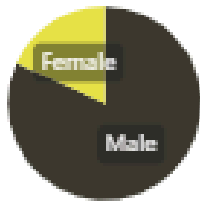


Survey Study of the Association Between Mobile Phone Use and Daytime Sleepiness in BSCSDS-2A Students

11:00 PM Average Bedtime

Average Waketime **5:30 AM**

Gender Distribution

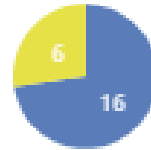


Students who own a cellphone



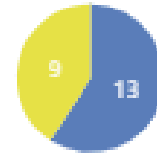
Was told they use their phone too much

● Yes
● No

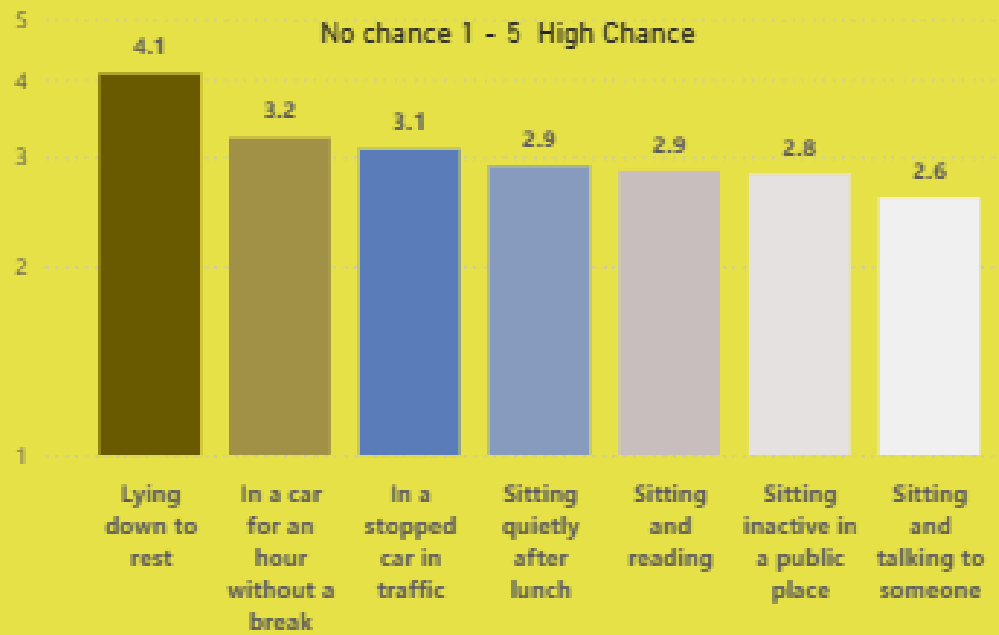


Tried, but failed to cut down phone use

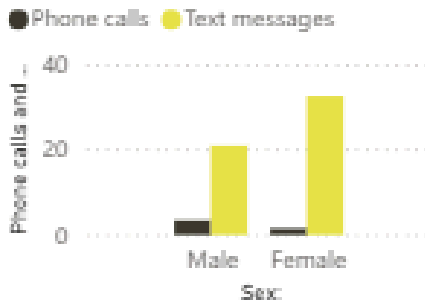
● Yes
● No



Average dozing levels in different scenarios



Average phone calls and texts made per day



Stress based on Accessibility to Phone

● A little bit ...
● Not at all s...
● Rather str...



Awakened by mobile phone at night

● Occasionally
● Never
● Almost ever...
● A few times ...



Frequency of staying up late to talk or text

● Almost ev...
● A few time...
● A few time...
● Never
● Occasionally



Accessible through phone by others

● Daily, but no...
● All day
● Now and th...
● Around the ...
● Never

