

POSTER PRESENTATIONS

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Problematic Generalized Internet Use and Insomnia and Sleep Quality in Portuguese emerging adults

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Introduction: The internet use entails various risks, which has led to a growing discussion about its widespread and problematic use. However, the potential repercussions of this use on individuals' insomnia and sleep quality are still not clear. *Aims:* To explore the relationship between Problematic Generalized Internet Use and Insomnia and Sleep Quality, in a sample of Portuguese emerging adults. *Methods:* 235 subjects with a mean age of 22.4 (SD = 3.318; range 18- 29) fulfilled a sociodemographic and an internet usage patterns questionnaire, the Generalized Problematic Internet Use Scale, and the Basic Insomnia Symptoms and Sleep Quality Scale. *Results:* The highest average score on the Generalized Problematic Internet Use scale was obtained in the Mood Regulation dimension. Additionally, 33% reported having poor to very poor sleep quality. Moreover, problematic use was positively associated with poor perceived sleep quality ($r = .30^{**}$). A significant difference was found in insomnia and sleep quality between those who were online in leisure more than 4-8 hours ($M = 112.23$, $n = 126$), and those who were online less than 2-4 hours. A marginal difference was found between those who were online 1-2 hours before bedtime and those who were online immediately before bedtime. *Discussion:* results demonstrate the need for better regulation of Internet use, to promote and make individuals aware of a better and healthier quality of sleep and general well-being of individuals.

Keywords: problematic internet use, insomnia, sleep quality, emergent adults