Abstract

**(a) Objective:** The purpose of this study was to examine the relationship between smartphones usage habits (i.e., sleep-smartphone hygiene and social media engagement) and sleep quality among students and to examine whether this relationship can be explained through psychological mechanisms.

(b) **Participants:** Israeli college students (*N* = 467; 316 women, 141 men), aged 19-30, comprised the study population.

(c) **Methods:** Six questionnaires were administered:demographics**,** Sleep-Smartphone Hygiene Questionnaire (SSHQ**;** developed for the current study**),** Social Media Engagement Questionnaire (SMEQ)**,** Fear of Missing Out Scale (FoMOs), Trait Anxiety Inventory (STAI-T),andPittsburgh Sleep Quality Index (PSQI**).**

(d) **Results:** Positive Pearson correlations were found between sleep quality and SSHQ, FOMO, and trait anxiety. Furthermore, a significant regression model was found, *F*(4, 456) = 29.59, *p* < .001, indicating that sleep quality can be predicted by trait anxiety, FOMO, social media engagement, and sleep -smartphone hygiene. These four variables explained 20% of the variance in sleep quality. In light of the above results, a mediation model was tested.

(e) **Conclusions:** Findings of the current study presented mediation model: Psychological factors (i.e., trait anxiety and FOMO) mediated between behavioral habits of using smartphones in the sleeping environment (sleep-smartphone hygiene) and sleep quality. Trait anxiety was found to be a more significant variable in predicting sleep quality, with FOMO suggested as a specific aspect of trait anxiety. In follow-up studies, sleep quality and the smartphone usage should be examined using objective measurements.