Abstract

**(a) Objective:** The purpose of this study was to examine the relationship between behavioral habits of using Smartphones ("Sleep-Smartphone hygiene" and Social media engagement) and sleep quality among students and to examine whether there is a psychological mechanism that can explain this relationship.

(b) **Participants:** were 467-college student from Israel (316 women, 141 men) aged 19-30 years.

(c) **Methods:** Tools include 6 questionnaires:Demographic**,** "Sleep-Smartphone Hygiene" questionnaire (SSHQ**;** developed for the current study**),** Social Media Engagement Questionnaire (SMEQ)**,** The Fear of Missing Out scale (FOMO), the Trait Anxiety Inventory (STAI)andPittsburgh Sleep Quality Index (PSQI**).**

(d) **Results:** Positive Pearson correlations were found between sleep quality and SSHQ, FOMO and trait anxiety. In addition, significant regression model was found (F(4, 456)= 29.59, p<0.001) and presented that Sleep Quality (PSQI) can be predicted by Trait anxiety, FOMO, "Social media engagement" and "Sleep – Smartphone Hygiene" (SHSQ). The four variables explained 20% of the variance in the Sleep Quality (PSQI). In light of the above results, a mediation model was tested.

(e) **Conclusions:** Findings of the current study presented mediation model: Psychological factors (Trait Anxiety and FOMO) as mediators between behavioral habits of using smartphones in the sleeping environment ("Sleep-Smartphone hygiene") and Sleep quality. As found, trait anxiety was found to be a more significant variable in predicting Sleep quality, and FOMO is a specific aspect of Trait anxiety. In a follow-up study, the Sleep Quality and the Smartphone Usage Index should be examined using objective measurements.