

# 24/7 Insomniacs

Sleep deprivation, energy drinks and other factors  
A study among children and young people

Margrét Lilja Guðmundsdóttir,

Rannsóknir & Greining (Icelandic Centre for Social Research & Analysis)

Sport Science Department | Reykjavík University

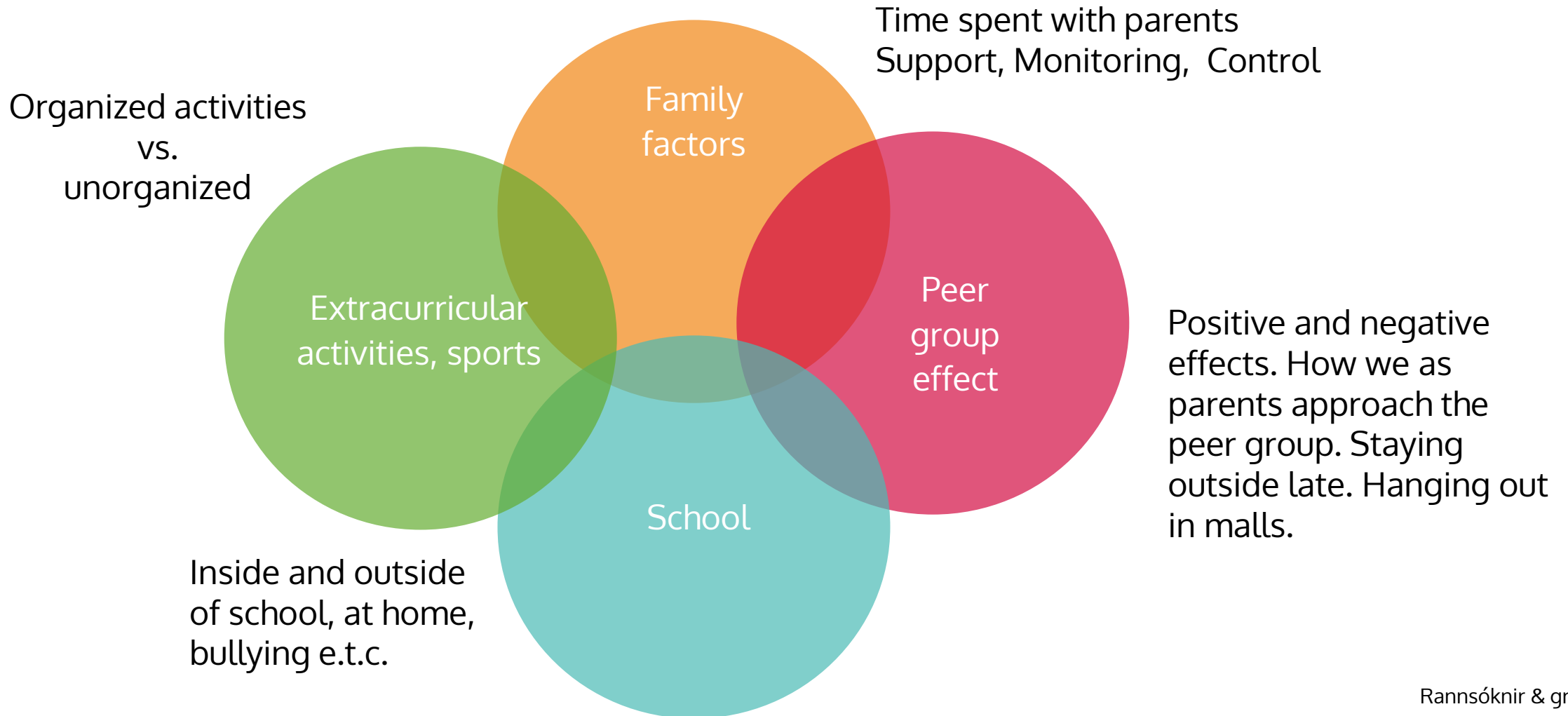
# Youth in Iceland database 1992 - 2019

## Data collections in schools

- 10 – 13 year old (since 2000) Primary school
  - 14 – 16 year old (since 1992) Primary school
  - 16 – 20 year old (since 1992) High-school
- 
- Whole population – not samples



# The Icelandic model



# Indicators



**What does the data tell us**

**February 2018**

**Response rate 84%**

**Energy drinks**

**Sleeping habits**

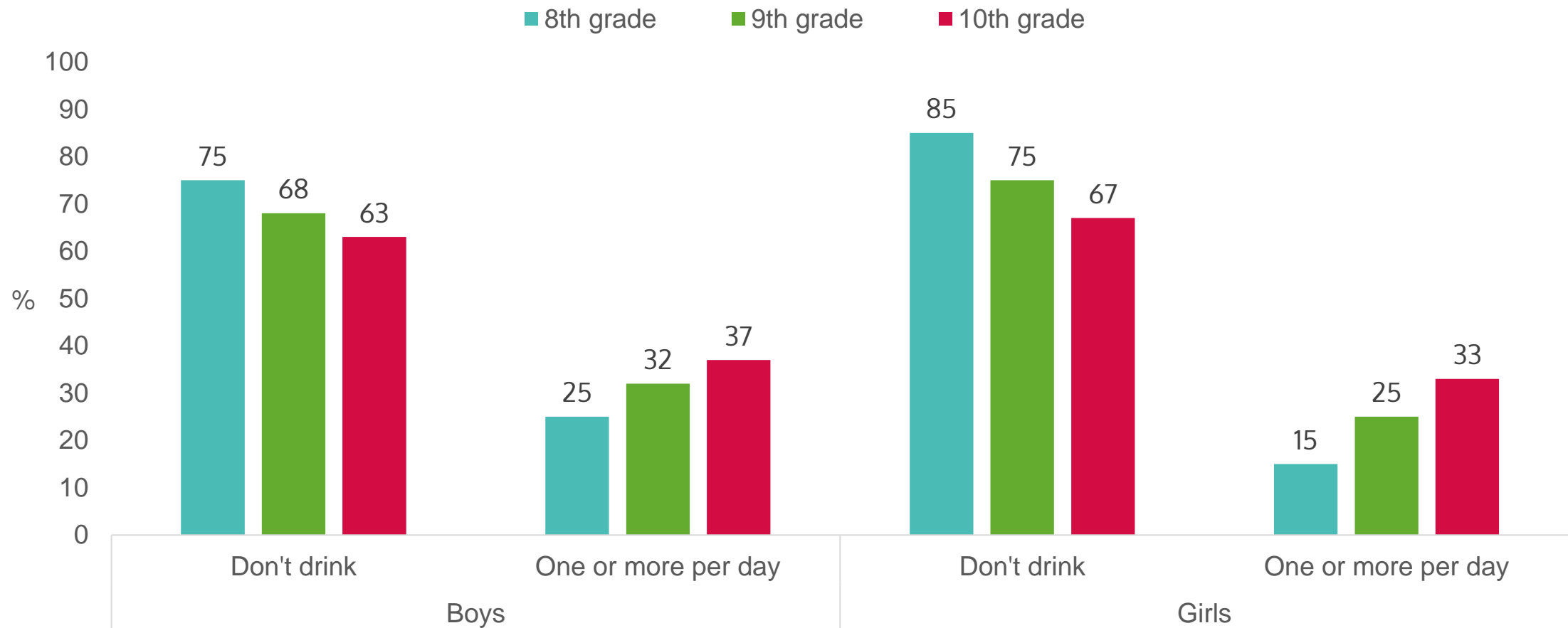
**Health**

**Screen time**

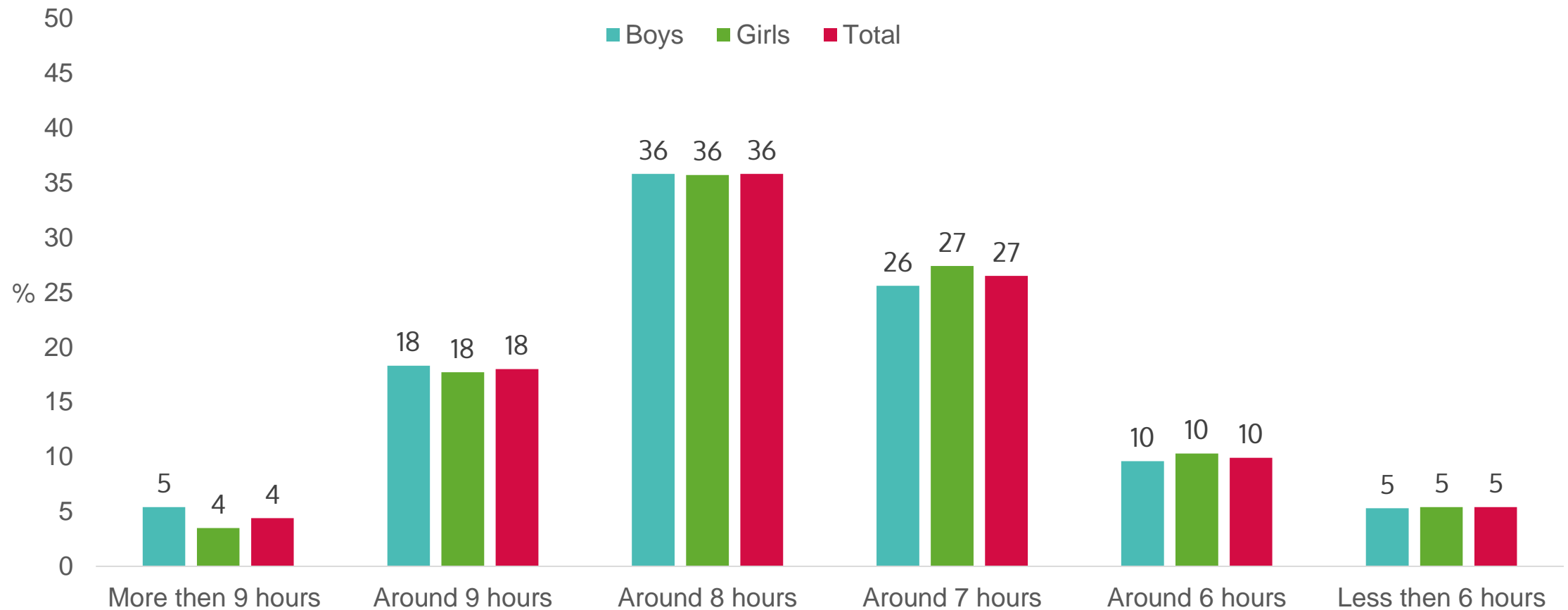


**Primary school  
14 – 16 year old**

# How often do you drink energy drinks per day? Analysed by grade and gender (Primary school).



# How many hours do you sleep during night? (Primary school).





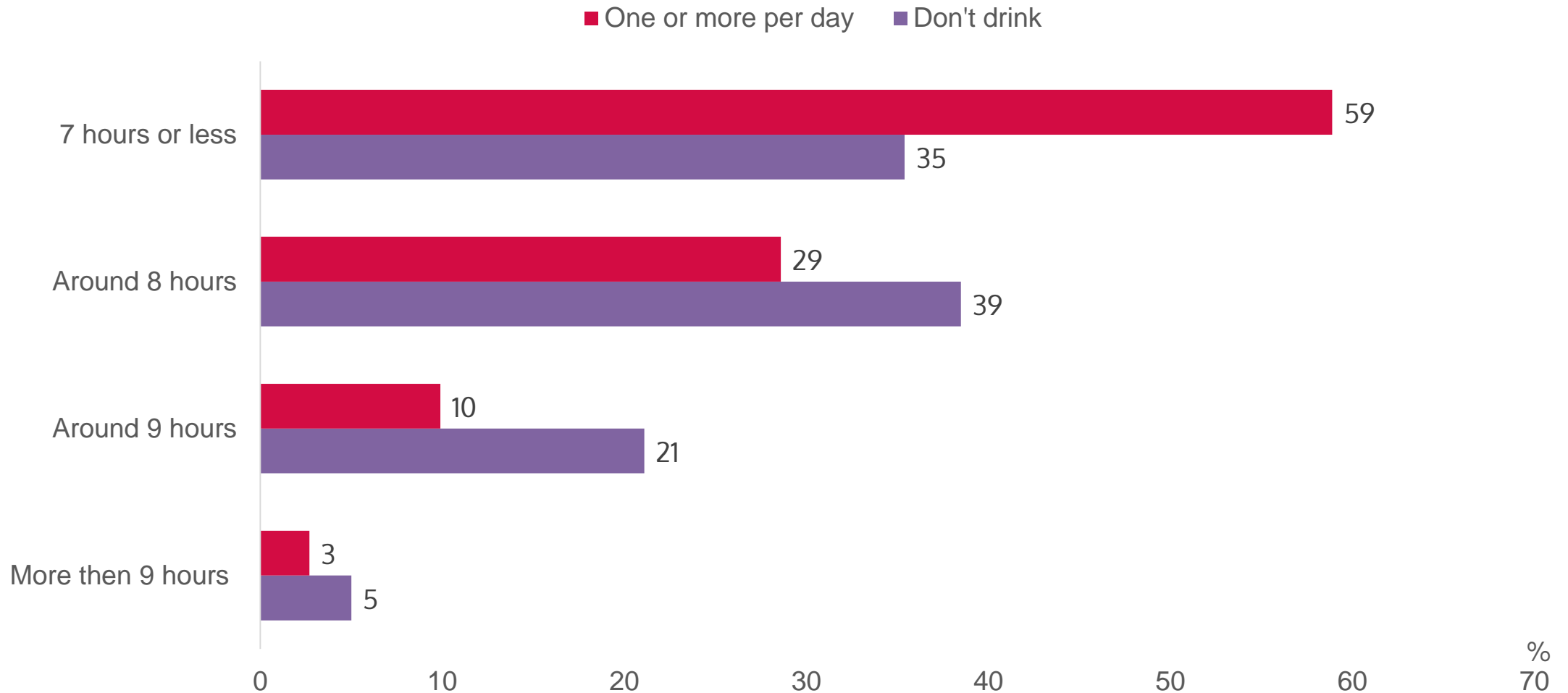
Around 40% of 14-16 year old students do not get enough sleep

- 8th grade: 31%
- 9th grade: 42%
- 10th grade: 54%

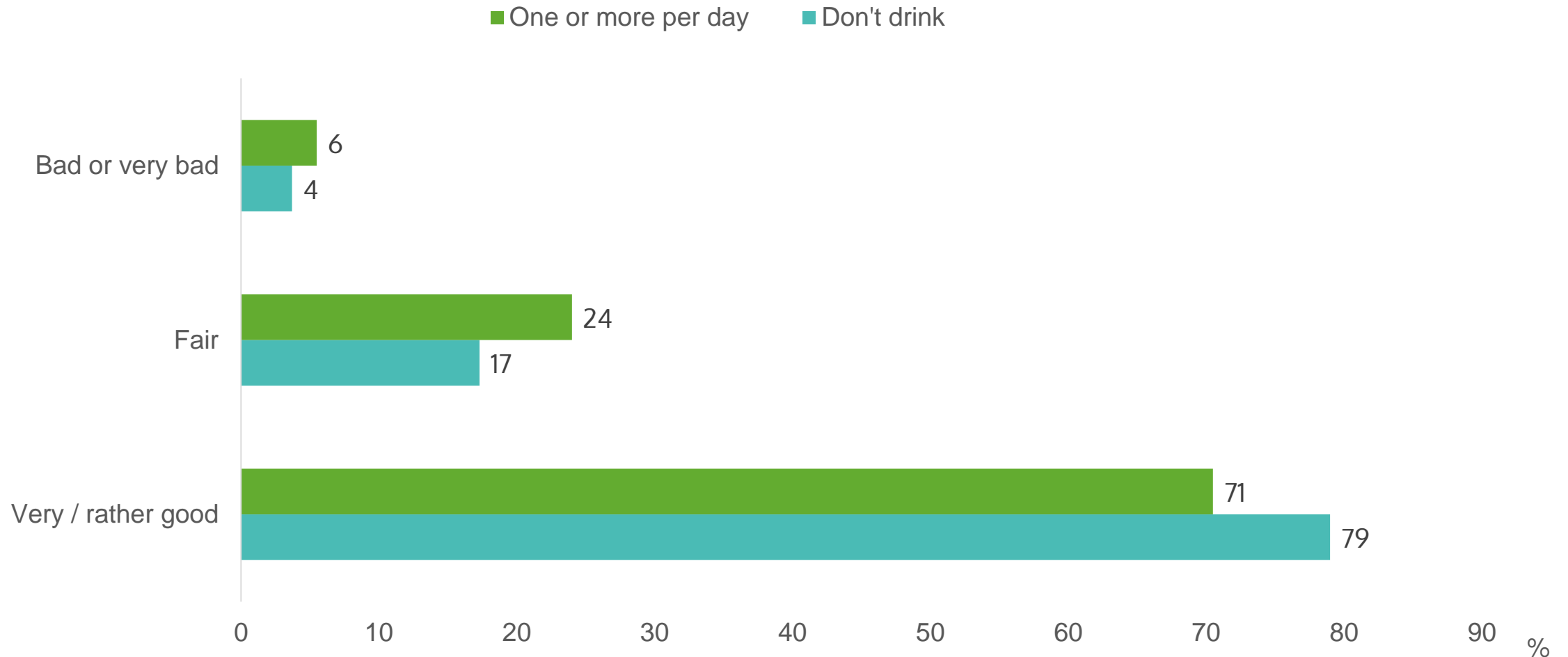


Let's take a better look at 7 hours or less

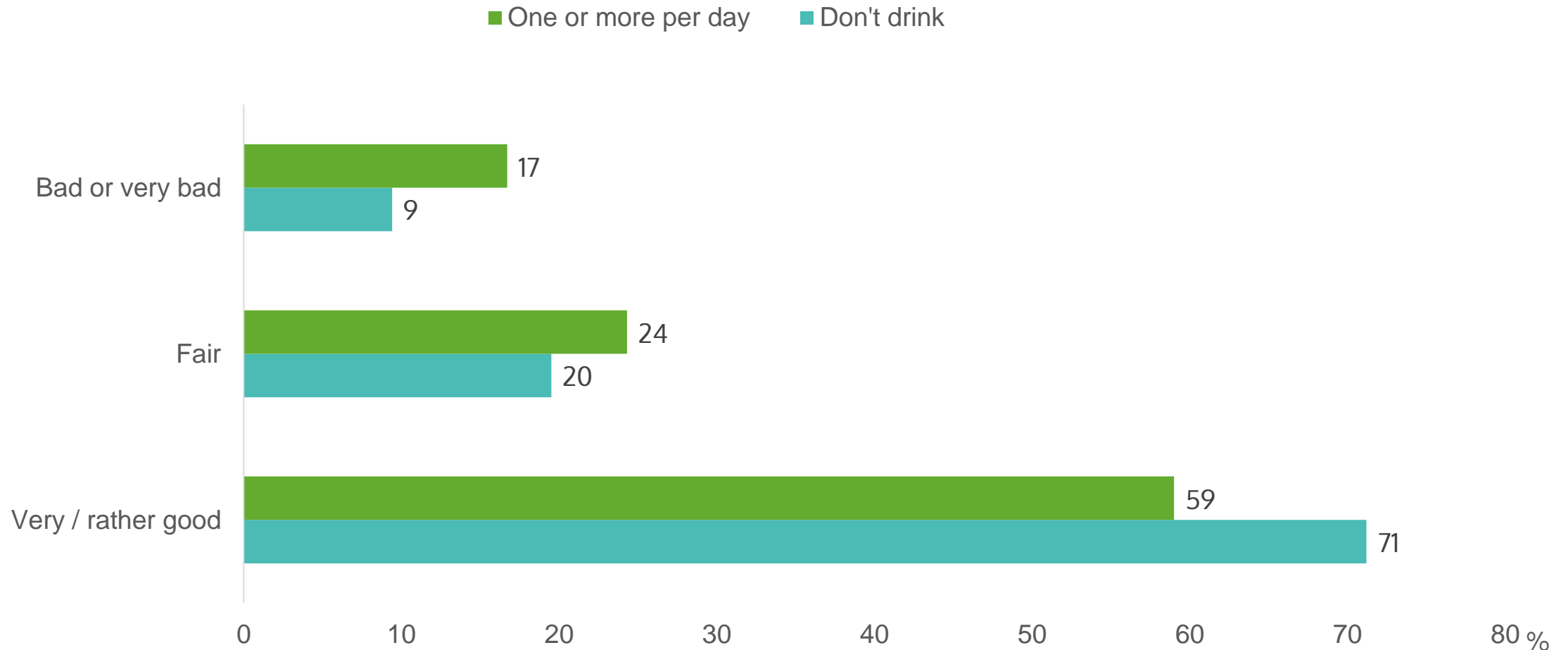
# How often do you drink energy drinks per day? Analysed by hours of sleep (Primary school).



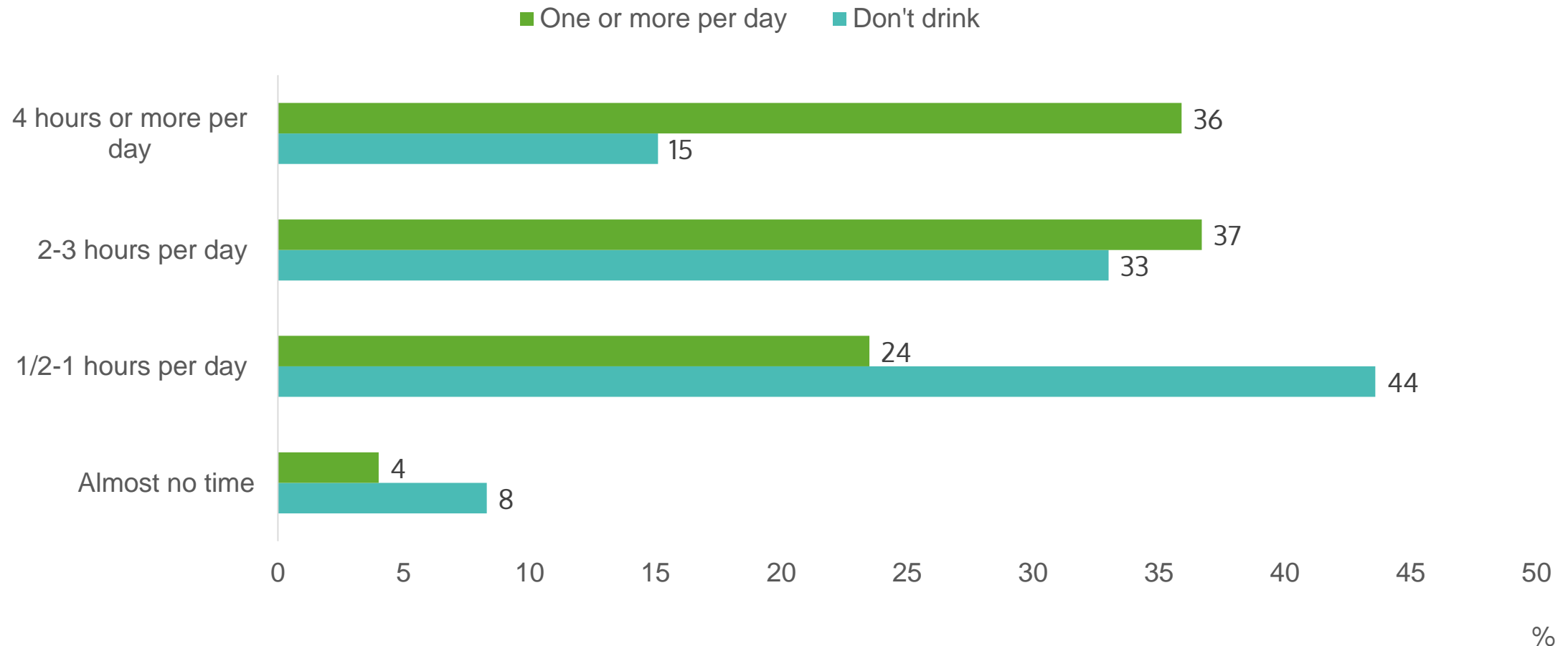
# How good is your physical health, analyzed by how often energy drinks are consumed (Primary school).



# How good is your mental health? Analyzed by how often energy drinks are consumed (Primary school).



# How many hours do you spend daily on social media? Analyzed by how often energy drinks are consumed (Primary school).



**October 2018**

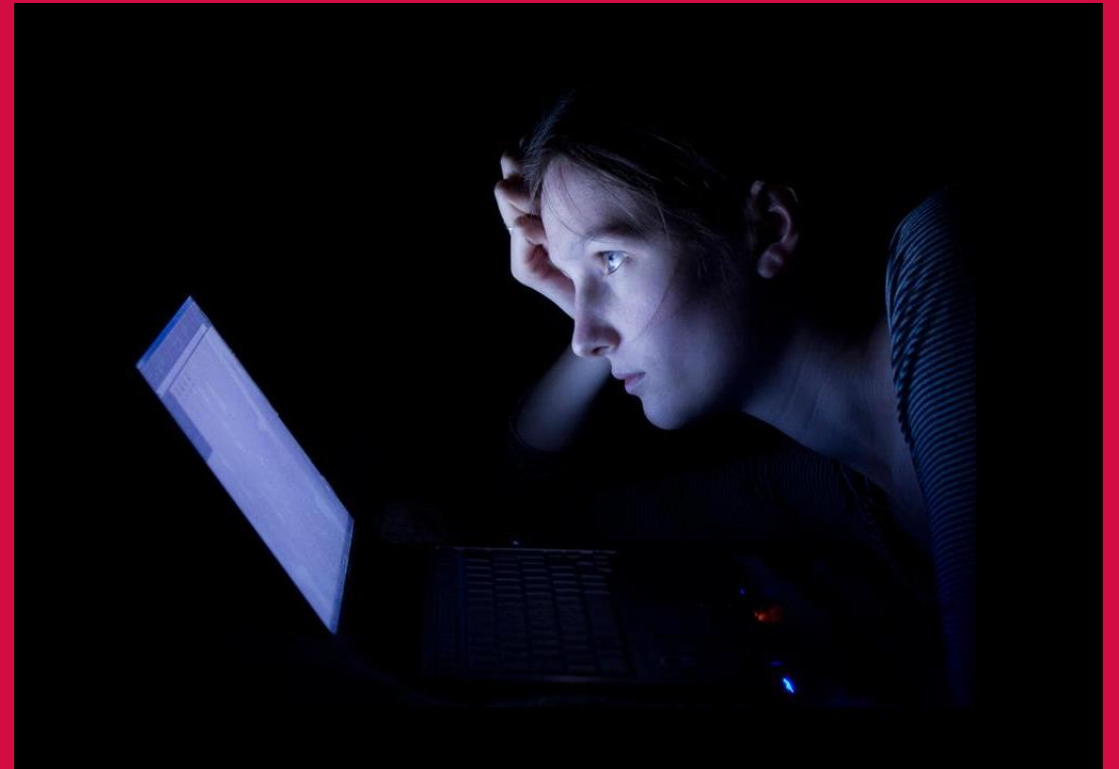
**Response rate 71%**

**Energy drinks**

**Sleeping habits**

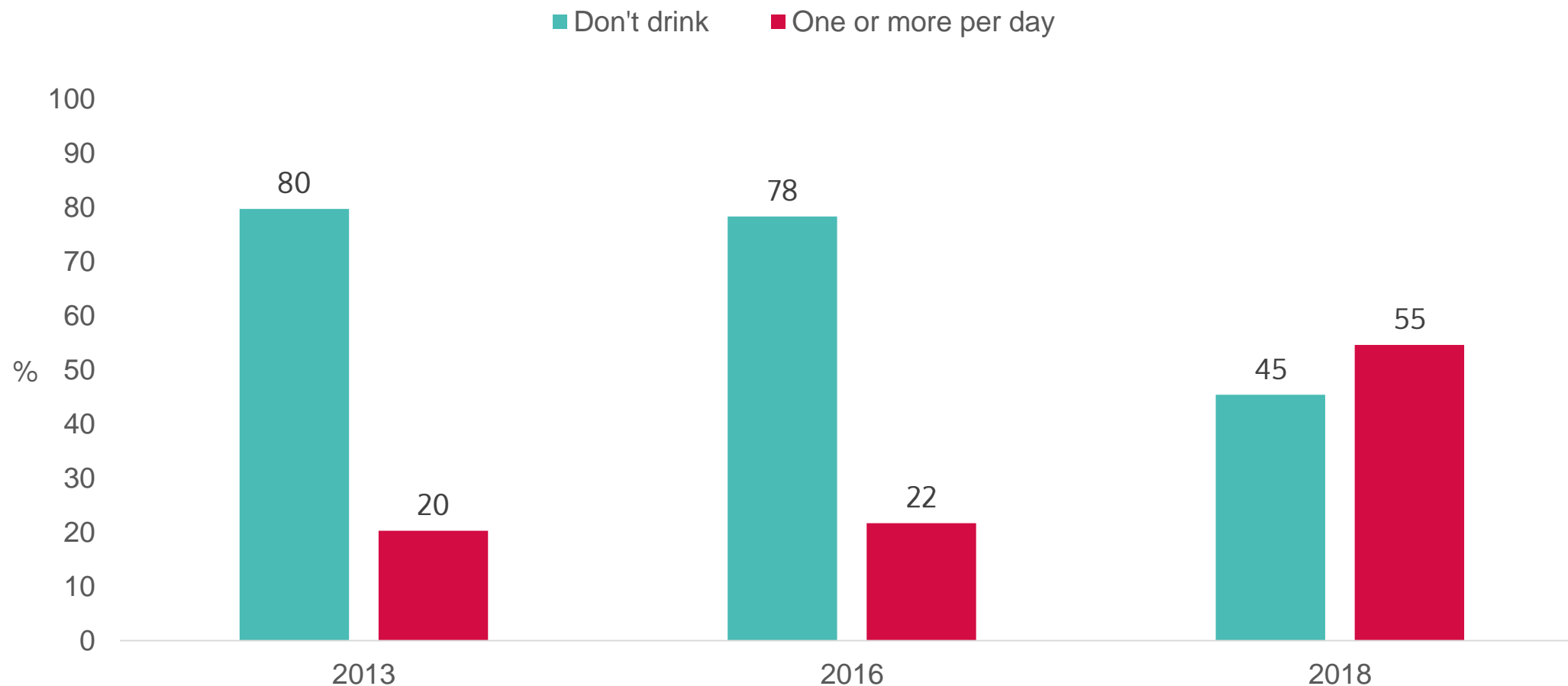
**Screen time**

**Health**

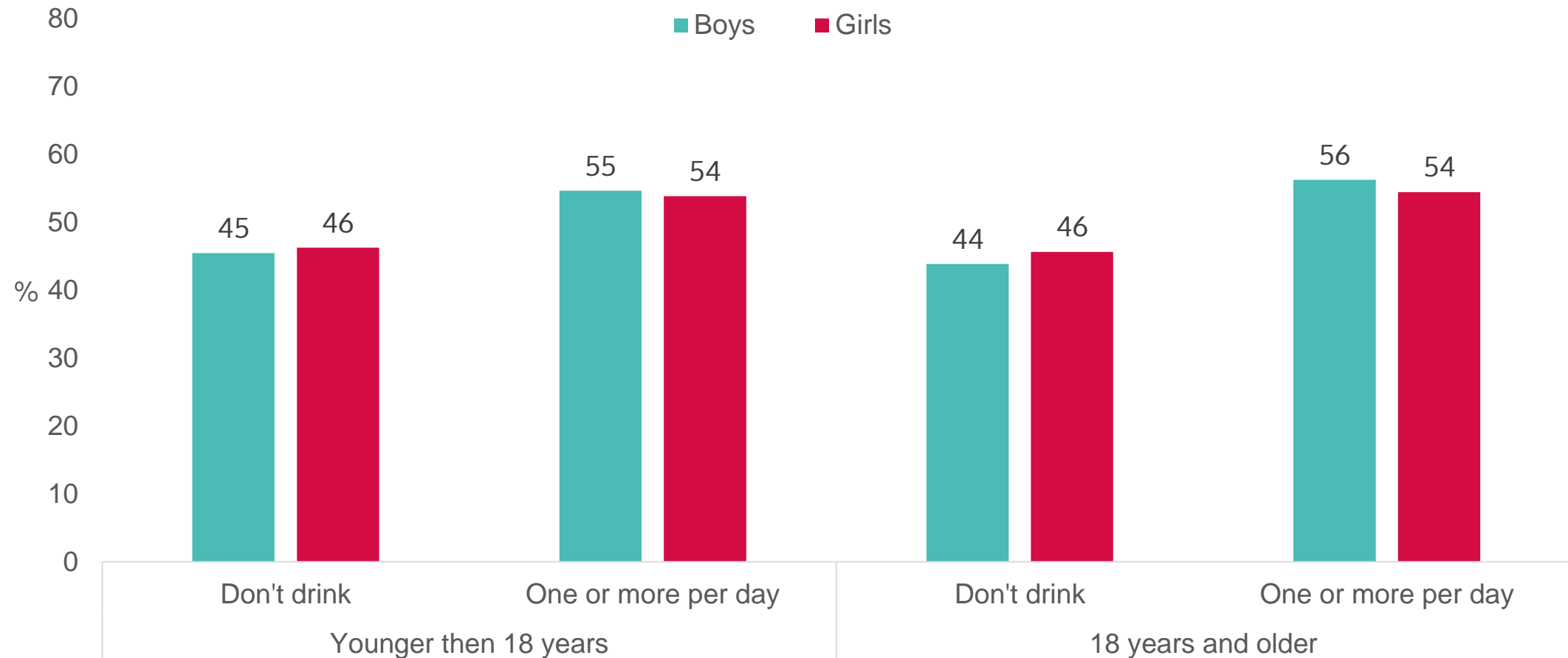


**High-school students  
16 – 20 year old**

# How often do you drink energy drinks per day? Trend over time 2013, 2016 and 2018 (High-school students).

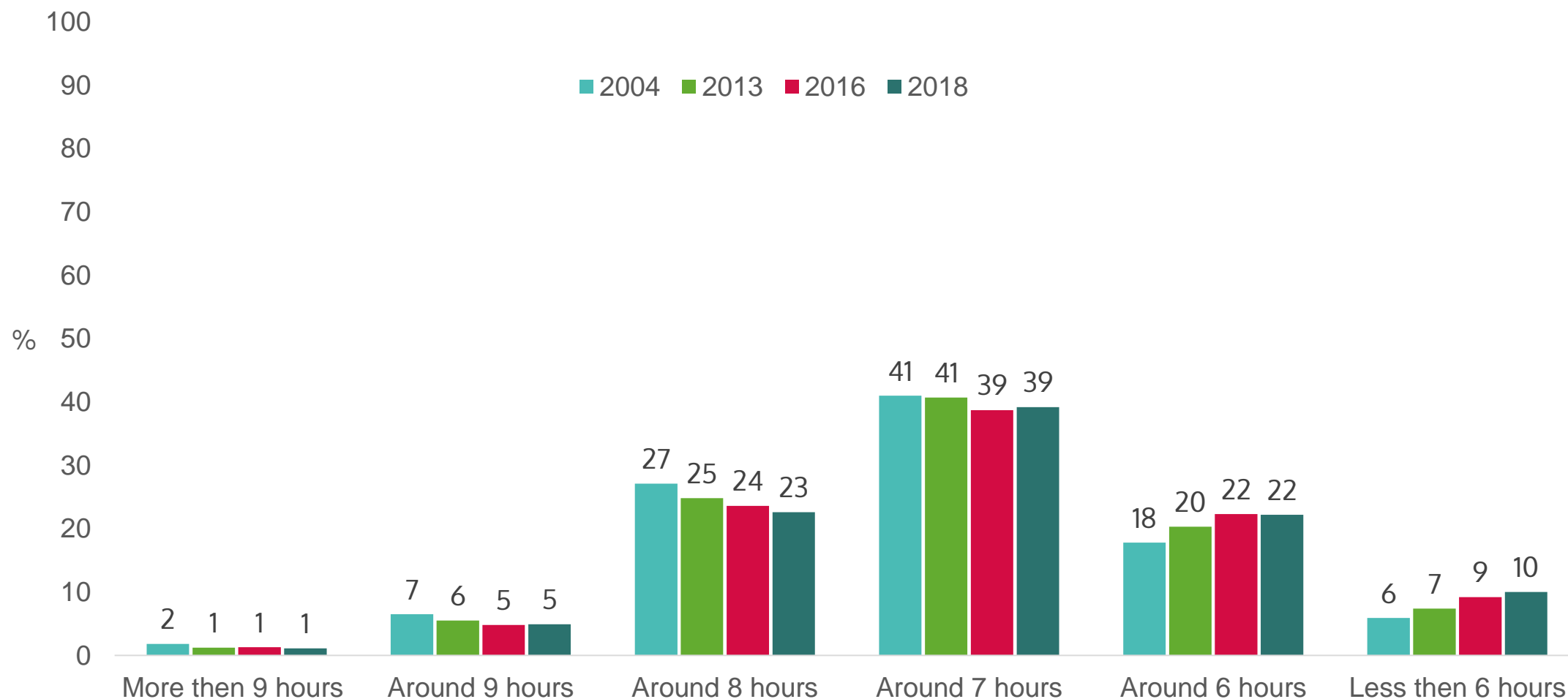


# How often do you drink energy drinks per day? Analysed by age and gender (High-school students).

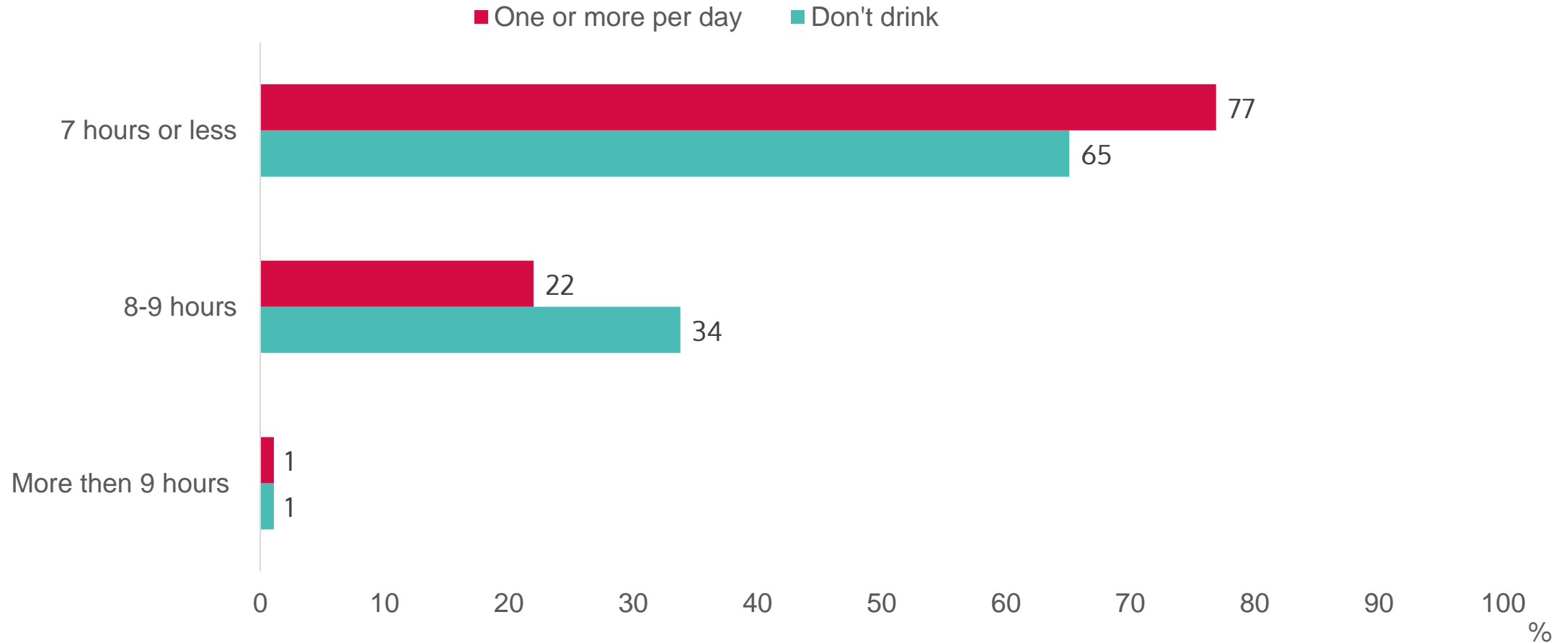




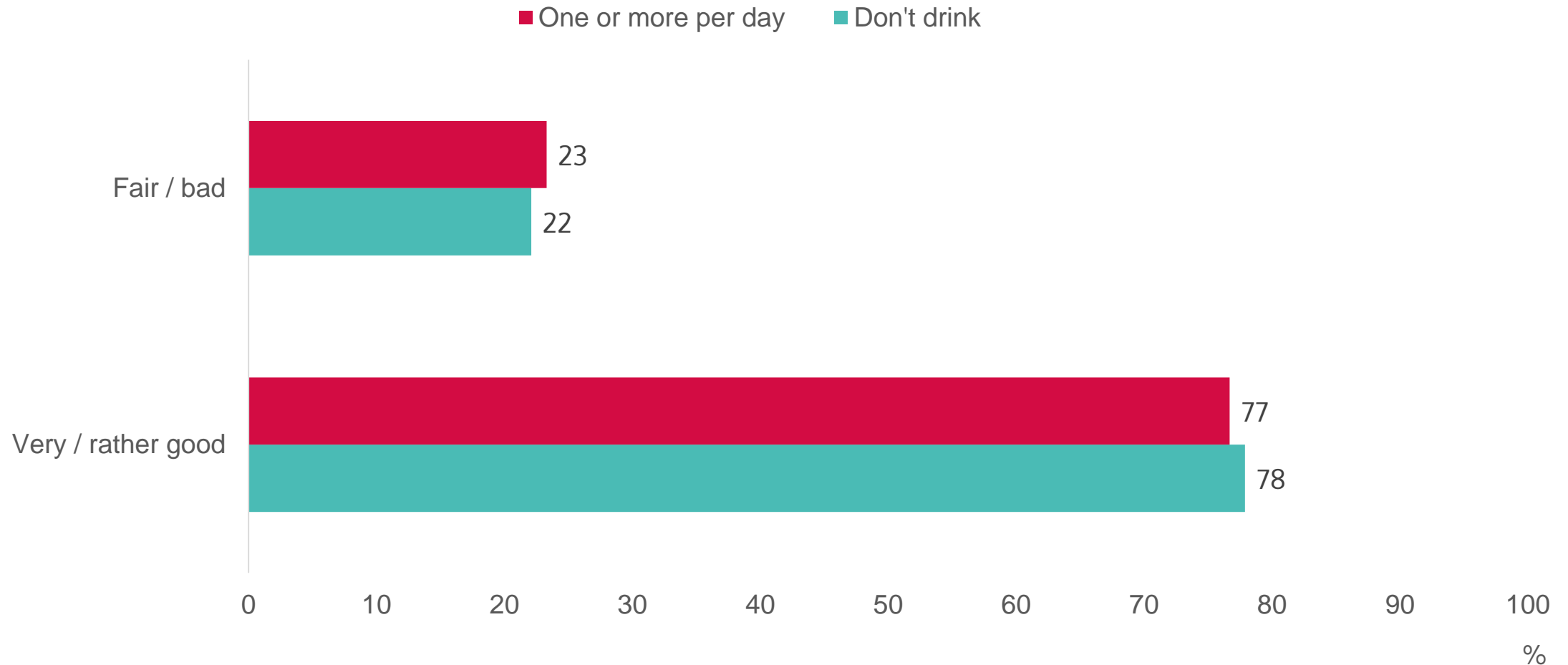
# How many hours do you sleep during night? Trend over time 2004, 2013, 2016 and 2018 (High-school students).



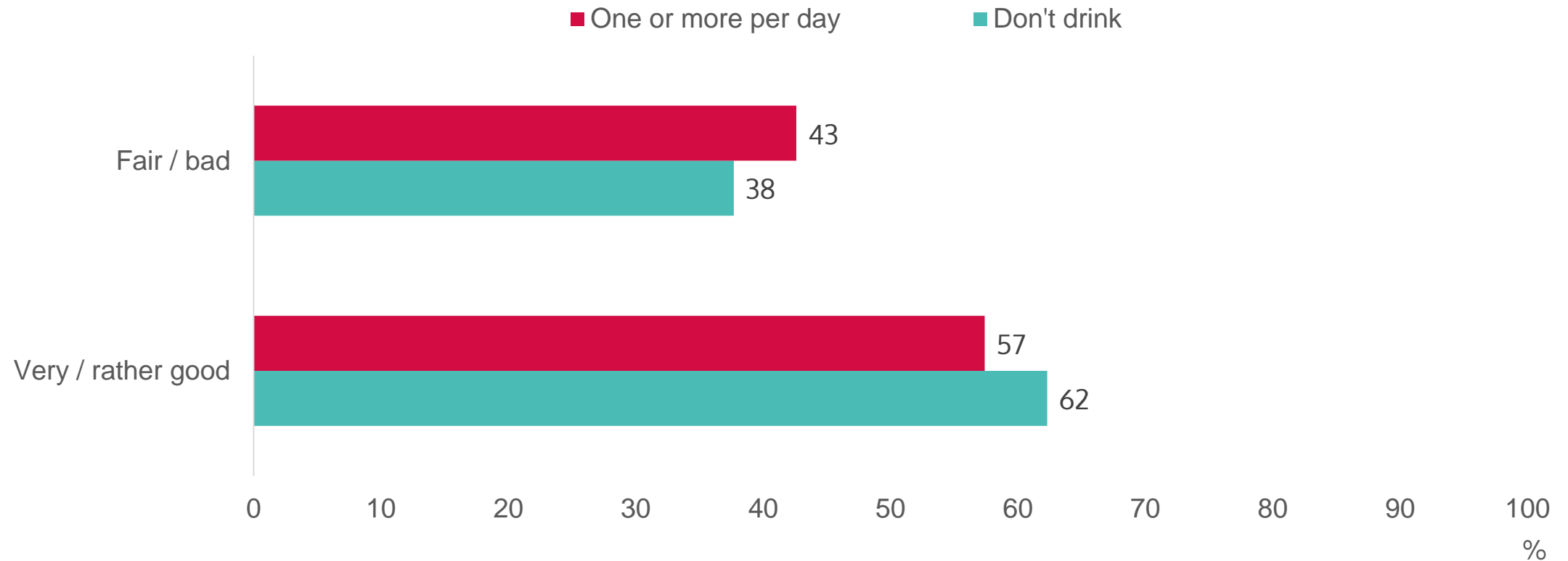
# How often do you drink energy drinks per day? Analysed by hours of sleep (High-school students).



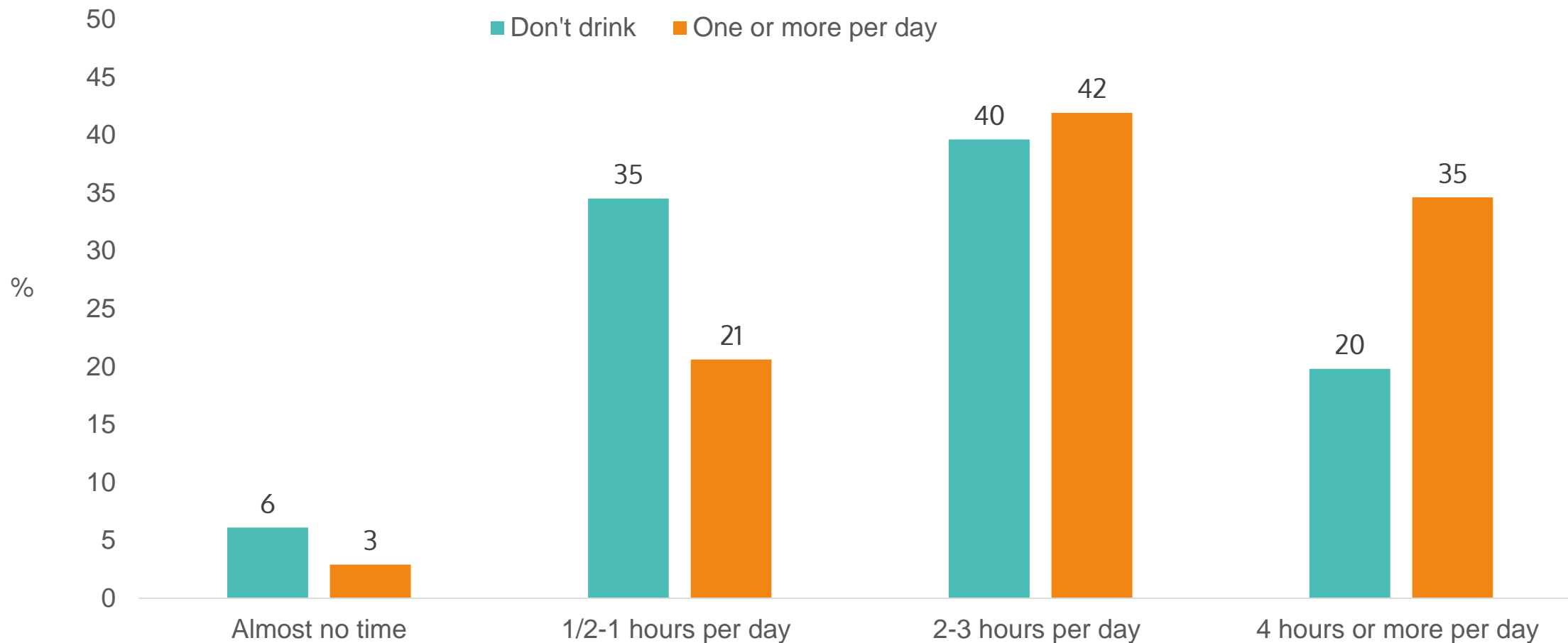
# How good is your physical health? analyzed by how often energy drinks are consumed (High-school students).



# How good is your mental health? analyzed by how often energy drinks are consumed (High-school students).



# How many hours do you spend daily on social media? Analyzed by how often energy drinks are consumed (High-school students).

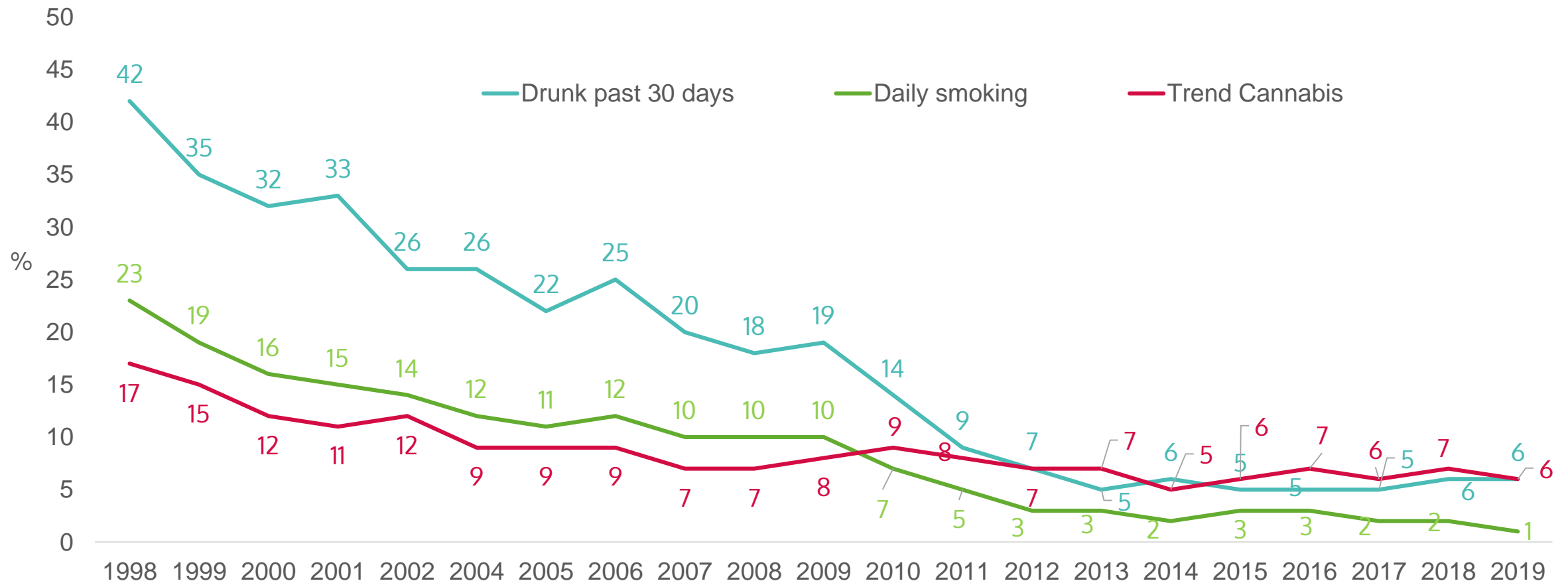


# "Old" habits & role models



# Based on the Icelandic Prevention Model

From highest to lowest in substance use – 15/16 year old students



# Change?

- If we don't like the things we see
- We can change the way we think
- And act in a different way





# Thank you



Rannsóknir & greining 2019

Icelandic Centre for Social Research & Analysis