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## Effect of over-use of Twitter and WhatsApp on sleep quality among medical students in King Khalid University, Kingdom of Saudi Arabia

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**Introduction:** Excessive use of Twitter and WhatsApp is potentially harmful to the quality of sleep of medical students which in turn influences their health and academic performance. This study is aimed to assess the use of Twitter and WhatsApp and its effects on the quality of sleep among medical student of King Khalid University, Kingdom of Saudi Arabia.

**Methodology:** A sample of 286 medical college students was chosen by simple random selection. An online data collection was performed by using a Pittsburg's questionnaire (PSQI).

**Results:** Among the total sample of 286 medical students only three students (1%) do not use any of the communication applications, 218 students use both twitter and whatsapp and 62(21%) use whatsapp only. Thirty six (12%) had suffered bad sleep quality. Alarmingly, forty nine students (17%) had used medicine at least once a week to sleep and fourteen (4.5%) of them had used such medication three times a week. Students who use both applications more than three hours a day have a higher chance to suffer poor sleep quality score compared to those who use less than one hour a day.

**Conclusion:** Based on these findings students are at high risk of sleep disturbance which in turn could have negative consequences on their health and academic performance. Health education programs should be instituted to tackle such problem.

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