

## Here's why social media is not letting you hit snooze

- 1** Blue light exposure suppresses sleep-regulating hormone & disrupts body's natural sleep-wake cycle.
- 2** FOMO (Fear of Missing Out) leads to anxiety of being disconnected from others.
- 3** Temporary dopamine rush triggers an addictive cycle & delays bedtime.
- 4** Emotionally charged content makes it difficult to wind down.
- 5** Constant notifications disrupt sleep patterns.

