HR

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Dear Dr Evans,

Please consider our manuscript, “Bedtime smartphone use and sleep quality among university students in Egypt: a cross-sectional study of 1,240 students”, for publication as a research article in PLOS ONE.

Poor sleep is common among university students, and screen use before bed is often blamed, but most of the evidence comes from self-reported screen time. We asked whether screen use in the hour before sleep is linked to poorer sleep quality, using screen-time logs from the students’ own phones together with the Pittsburgh Sleep Quality Index. Among 1,240 students at four Egyptian universities, those with more than 60 minutes of screen use in the last hour before sleep were about twice as likely to report poor sleep (adjusted odds ratio 2.1, 95% CI 1.6–2.7).

We believe the study suits PLOS ONE because the question matters to a broad readership in public health, medicine and education, and because open access will let the student health services that could act on it read it. The journal has published studies of student health from many countries, and our data add a large sample from North Africa, where such data are scarce.

The manuscript is original, has not been published and is not under consideration elsewhere, and all authors have approved the submission. The study was approved by the research ethics committee of our faculty, and all participants gave informed consent. We have no competing interests to declare, and the study received no specific funding. The anonymised dataset is available in a public repository, as described in the manuscript.

Thank you for considering our work.

Yours sincerely,

Dr Heba Ragab, on behalf of all authors

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WRITTEN WITH HUMANPROSE