

# Traditional and electronic cigarettes linked to poor sleep

5 September 2019



State University. "Since we found that even nondaily use of e-cigarettes was associated with worse sleep health, this may be a useful target for prevention and intervention efforts."

**More information:** Emma I. Brett et al, Electronic cigarette use and sleep health in young adults, *Journal of Sleep Research* (2019). [DOI: 10.1111/jsr.12902](https://doi.org/10.1111/jsr.12902)

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Use of traditional cigarettes or e-cigarettes was linked with more sleep difficulties in a recent *Journal of Sleep Research* study.

The study included 1,664 [college students](#), 41% of whom reported ever trying or currently using e-cigarettes and 29% of whom reported ever trying or currently using traditional cigarettes. Across all groups, average sleep scores indicated poor sleep for most students.

Similar to traditional cigarette smokers, e-cigarette users reported worse sleep than individuals who did not use cigarettes. Users of e-cigarettes reported greater use of sleep medications than traditional cigarette users.

"Given that poor sleep and substance use, including e-cigarette use, are both common among college students, understanding how [e-cigarette](#) use may impact sleep is crucial given its association with numerous health concerns," said lead author Emma I. Brett, Ph.D., of Oklahoma

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