

Traditional and electronic cigarettes linked to poor sleep

September 5 2019



Credit: CC0 Public Domain

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 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](#)

Provided by Wiley

Citation: Traditional and electronic cigarettes linked to poor sleep (2019, September 5) retrieved 20 April 2024 from <https://medicalxpress.com/news/2019-09-traditional-electronic-cigarettes-linked-poor.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.