Teens' intention to go to bed/sleep/stop screen use
Uncertainty appearance
Positive attitude of teens about sleep health
B3
R10
Presleep worrying
Tired appearance of teenagers
Late bedtime norms peers
Presleep alertness
Sleep time
Sleep Onset Latency
R13
Fear Of Missing Out (FOMO)
R11
Evening digital school notifications
Bedtime
Receiving notifications
Sleep duration
R12
Exposure appealing design social media/game platforms
R9
Amount of content on social media/gaming platforms
Screen use
Impulse control
Daytime sleepiness
Screen use by peers

Legend

- School Environment
- Mental Wellbeing
- Digital Environment
- Personal System
- Sleep Parameters
- Negative relationship
- Positive relationship