Researchers have recently demonstrated that lack of sleep leads to more frequent online activities such as browsing Facebook. When you get less sleep, you're more prone to distraction: “If you're being distracted, what do you do? You go to Facebook. It's lightweight, it's easy, and you're tired.”

Data was collected from 76 undergraduates for seven days. The study controlled for students’ gender, age, course load and deadlines and relied on sensors to objectively gauge their behavior, activities and stress levels.

Students’ computers and phones were equipped with logging software, and time stamps recorded when subjects switched from one application window to another and when they spoke on the phone or texted. They were asked to fill out a sleep survey each morning and an end-of-day survey. Throughout the week, they received questions from researchers regarding their mood, the perceived difficulty of whatever task was at hand, and their level of engagement in their work.

Central to the study was a concept known as "sleep debt," the accumulated difference between the amount of sleep needed and the amount experienced.

The study's findings show a direct connection between chronic lack of sleep, worsening mood and greater reliance on Facebook browsing. She also found that the less sleep people have, the more frequently their attention shifts among different computer screens, suggesting heightened distractibility.