

ABSTRACT

Smartphones in that current era of digital globalization have become a sophisticated communication tool. Misuse on handphones will affects an personal sleeps qualities, such as making sleep disorders worse and inefficient. Several cases of the negative impact of this gadget often affect children and adults. Starting from internet addiction, games, and also content containing pornography, it is possible that it can also affect sleep patterns in children and adults. The aim on that reserch is a determined that relationships between handphome use will sleps qualities Prima Indonesia University student. The typed reserch as quantitive within the cros sectionals aproach. This populations used was 200 semester 5 and 7 medical students at Prima Indonesia University. That samples techniqued at the studies used total sample and the samples on 200 samples. Data analytics used a univariate with bivvariate analytics using spermean rank statisticaled. The results of research show that smartphone use among Prima Indonesia University students is in the abnormal or high category, namely 97.5%. The sleep quality of the majority of Prima Indonesia University students is in the quite poor category with a percentage of 74.5%. This conclusions on that reserch is relationships between handphome use with the slep qualities Prima Indonesia University students, p-value <0.05.

Keywords: *Handphome used, slep qualiies, student*

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