

Review of: "The Instances of Insomnia among Adolescents in High School Addicted to Online Games"

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Potential competing interests: No potential competing interests to declare.

This research in general is very interesting, especially since the researchers point to the fact that many teenage gamers play beyond the normal screen time limit so they don't realize that they are addicted to games. However, little has been discussed about how insomnia can occur in adolescents. Question: How can researchers prove that adolescent insomnia is caused solely by gaming addiction? Suggestion: it is necessary to explain how researchers eliminate other factors that influence insomnia, especially in adolescents according to sleep needs and problems. It is also necessary to explain what types of insomnia and their symptoms are often experienced by adolescents, especially those who experience addiction (in the introduction, research results and discussion).