

Md Ridoy
Department of Zoology
Government Titumir College
Dhaka, Bangladesh

July 23, 2026

To,
The Editor-in-Chief,
BMC Psychology

Subject: Submission of Review Manuscript for Publication

Dear Editor-in-Chief,

I am writing to submit our review manuscript entitled "Impact of Problematic Social Media Use on Mental Health and Sleep" for publication as a Review Paper in BMC Psychology.

This study systematically reviews the current literature on how problematic digital screen habits, particularly late-night scrolling, trigger circadian rhythm disruption and severe sleep disturbances, ultimately leading to heightened depressive symptoms. Furthermore, the paper highlights the critical role of regular physical exercise and sleep hygiene as protective behavioral buffers against these negative mental health outcomes.

We believe this manuscript falls perfectly within the scope of your journal, as it provides a comprehensive synthesis of recent global data, including regional insights from Bangladesh.

This manuscript is original, has not been published previously, and is not currently under consideration for publication elsewhere. All authors have approved the submission.

Thank you for considering our work for publication. I look forward to hearing from you.

Sincerely,

Md Ridoy
Corresponding Author
hridoy4hridoy@gmail.com