Supplementary Materials

Characteristic	
Mean age (SD);	41.1 (10.82)
N, (%) female	1005 (54)
N Paris residence (percent)	334 (17.8)
% 3 years post-Baccalauréat (~ Undergraduate degree)	29.2
Income band	11897 - 26 420 Euros/ year
PTSD continuous score (mean, SD)	10.03 (4.97)
% meeting proposed PTSD criteria*	11.9
Mean insomnia score (SD):	16.3 (12.36)

*PTSD: ICD-11 Proposed symptoms; a score of 3 or higher represent a positive symptom rating. At least one symptom from each cluster must be positive for endorsement of PTSD (at last three symptoms).

Supplement 1: Selected sample characteristics

	Age	Sex	Loc.	TV	Radio	Newsp	Facebook	Twitter	Youtube	PTSD	Insomnia
Age	1										
Sex	-.00	1									
Location	-.02	-.00	1								
TV	.15**	-.11**	.00	1							
Radio	.12**	-.04	.07**	.10**	1						
Newspaper	.06*	-.04	.10**	.07**	.26**	1					
Facebook	-.24**	.13**	.01	.10**	.07**	.11**	1				
Twitter	-.12**	-.04	.05*	.07**	.06*	.15**	.21**	1			
YouTube	-.15**	-.07**	.04	-.01	.06*	.17**	.23**	.28**	1		
PTSD	-.10**	.09**	.10**	.10**	.09**	.09**	.07**	.08**	.08**	1	
Insomnia	-.04	.19**	.01	.15**	.00	.06*	.12**	.10**	.09**	.39**	1

Supplement 2: Zero order correlations: Insomnia, distress, and media use with PTSD

	Beta	T	P
Total media use	.09	3.97	.001
Insomnia	.35	14.88	.001

Supplement 3. Association between media use and PTSD, controlling for insomnia (R^2 .15)