Background: The students use the internet to study and work for approximately 10 hours weekly. More time, 14 hours, they spent on the internet for other things like social media, shopping and playing. Forty per cent of males and 21% of females spent 20 hours or longer time for that kind of surfing. The use of internet is increasing.

Materials: The survey was carried out in 2012 to investigate students’ physical, mental and social health as well as their health-related behaviour. The target group (n=4389) consisted of Finnish undergraduates under 35. There were a total of 2417 studied at the universities of applied sciences and 1972 studied at the science and art universities. About 30% of the students were heavy users of the internet. They spent more than 40 hours weekly, working, studying and surfing on the internet. (Male N=236, female N=560)

The aim of the study was to find out the differences in the oral health behaviours between students who daily surf or play on the internet for long period of time and students who spent less time on the internet.

Methods: In this study, we compared the daily behaviour affecting oral health like tooth brushing, use of toothpaste and dental floss between heavy internet users and the others. We also researched the consumption of soft and energy drinks, alcohol and sweets.

Results: Almost quarter of the students estimated that the time spent on the internet disturbed their studies or social life. The heavy users have a more unhealthy diet and they skip lunch more often than the others. Their oral health habits are not at the recommended level: 51.5% of males and 33.5% of females brush their teeth once a day or even more rarely. Ninety per cent of male and 73% of female do not use dental floss.

The heavy users also consume more often soft and energy drinks and alcohol.

Twenty per cent of female users eat sweets and chocolate almost every day.

Conclusion: The internet heavy users have problems in their studies, daily rhythms and human relations. The use of internet several for hours a day is a risk also for oral health.