

TECHNOLOGY AND SLEEP

the effects of media use prior to bed in adolescents

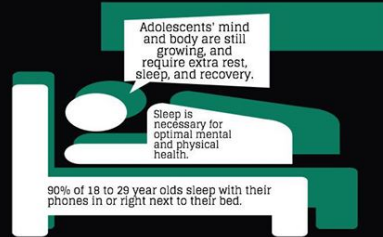
In the US alone, adolescents reported using...



72% cell phones
60% laptops
23% video games



...ONE hour prior to sleep



short sleep duration and poor sleep quality



Using media before bed results in less hours of sleep and increased sleep disturbances

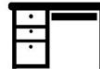
1 in 5 car accidents are a result of drowsy driving



daytime sleepiness

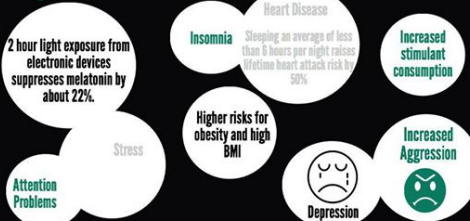
impaired academic performance

82% of middle and high school students feel tired at school



More than half report falling asleep during class

Negative Effects on Health



What Can We Do?

<p>Health Care Providers</p> <p>Educate patients and prevent future problems</p>	<p>Increase Awareness</p> <p>Share the negative effects with others</p>	<p>Mute/Power Off</p> <p>Avoid checking media during the night</p>	<p>Sleep Cycle Alarm Clocks</p> <p>These programs wake users up in the lightest phase of sleep</p>
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How do sleep cycle alarms work?

Example: Sleep Genius, app recognized by NASA

Keeps track of sleep cycles efficiently with sound and movement. It analyzes time in deep sleep, light sleep, and total sleep. It aims to wake you up during your lightest sleep

Benefits include:

- decreased sudden waking
- decreased waking sleepiness
- increased sleep quality, duration, and positive habits

Night time is for sleeping and dreaming, not texting and scrolling.

Let your phone shine bright only when the sun does.



- As a result...
- less disturbed sleep patterns
 - more hours of sleep
 - less trouble falling asleep
 - feeling more refreshed
 - healthier lifestyles