

10 Healthy Sleep Month

HEALTHY TIP SHEET - OCTOBER



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Electronics and Sleep and the Modern Family

The increasing prevalence of electronics in children’s bedrooms creates a culture of evening engagement and light exposure that negatively impacts sleep time, sleep quality and daytime alertness. Literature shows that:

- Children using electronic media as a sleep aid to relax at night have been shown to have later weekday bedtimes, experience fewer hours of sleep per week and report more daytime sleepiness.
- Adolescents with a bedroom TV have later bedtimes, more difficulty initiating sleep and shorter total sleep times.
- Texting and emailing after lights out, even once per week, dramatically increases self-reported daytime sleepiness in teens.

According to the National Sleep Foundation’s 2014 “Sleep in America” poll, turning electronics off at bedtime makes a difference. Twenty-seven percent of parents of teens who leave devices ON at night rate their teen’s sleep as excellent, versus 53% of parents who leave devices OFF at night.

Parents are the role models for a sleep-healthy home. Setting rules around the use of electronics in the bedroom is an integral part of developing healthy sleep routines for your children.

Source: National Sleep Foundation, sleepfoundation.org

The information contained in this flyer has been carefully reviewed for accuracy. It is not intended to replace the advice of your physician or health care provider.

