



HEALTH CORNER

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Did you know?

The impact of excessive television exposure on children has been well documented, but "small screen" devices (such as smartphones or tablets) may be even more harmful to a child's sleep patterns. A new study in *Pediatrics* suggests that children who slept near a small screen in their room reported fewer minutes of sleep and later bedtimes than children who slept with a TV in their room. Both small screens and television cause delays in sleep. Children sleeping near a small screen and sleeping with a TV in the room were associated with a 37.0 minute and 31.1 minute later bedtimes, respectively.

Research has shown the association between sleep and emotional issues such as anxiety, depression or even mental illness in children and impact on school attendance and performance. Although more research will need to be done on this topic, it is important to alert parents that sleeping with these devices can certainly be affecting their child's sleep patterns. Some other sites to read more on this topic are below. The study referenced to in this article is found here:

http://www.medpagetoday.com/Pediatrics/Parenting/49383?xid=nl_mpt_DHE_2015-01-06&utm_content=&utm_medium=email&utm_campaign=DailyHeadlines&utm_source=ST&eun=g727350d0r&userid=727350&email=rsimpson%40dbqschools.org&mu_id=5895710&utm_term=Daily

Additional sites:

<http://lighting.com/light-smartphones-delay-sleep/>

<http://www.bbc.co.uk/newsbeat/26886133>

<http://blogs.scientificamerican.com/observations/2014/05/20/how-your-smartphone-messes-with-your-brain-and-your-sleep/>