

SCREEN TIME



BED TIME



IS YOUR CHILD BEGGING FOR THEIR TABLET OR PHONE BEFORE BED?

Parents need to pay attention to whether their child is using an electronic device before bed.

HERE'S WHY:



THE REALITY



50%

of school-age children in America have active, light-emitting electronic devices in their bedrooms.



2/3rds

of older teens (15-17 years old) leave an electronic device on while sleeping at night.

Children with access to a screen device as little as three times a week have a(n)...



88%

increased risk of not getting enough sleep.



53%

increased risk of poor sleep quality.

INADEQUATE SLEEP QUANTITY



CHILDREN NEED **10 HOURS** OF SLEEP A NIGHT



Parents with children that sometimes sleep with an electronic device estimate that they receive **1 HOUR LESS OF SLEEP**

POOR SLEEP QUALITY



Screens before bed can lead to...

Difficulty falling asleep

Nightmares

Disruptions in sleep

EXCESSIVE DAY TIME SLEEPINESS

KIDS USING ELECTRONICS DURING BEDTIME ARE...

200%

MORE LIKELY TO BE EXCESSIVELY SLEEPY DURING THE DAY



THE LONG TERM CONSEQUENCES...

The long term consequences of poor sleeping habits include....



Poor academic performance



Mood swings



Anxiety



WHAT'S THE SOLUTION?

Parents need to impose limits on screentime!

- ✓ Make a curfew for electronics
- ✓ Use a parental control app to enforce restrictions
- ✓ Educate your child on healthy sleep habits



With more awareness of the problem, parents can help their children sleep better at night!

SOURCES:

<https://sleepfoundation.org/sleep-topics/children-and-sleep/page/0/2>
<https://jamanetwork.com/journals/jamapediatrics/article-abstract/2571467>