

# How Screen Use Can Affect Sleep

## Background:

Screen-based devices have taken over our world as we know it in the past 20 years. It all started with televisions, then computers, and now cell phones, tablets, laptops, Xbox's, and VR devices. Screen-based devices are common in most workplaces, schools and homes. With a societal dependence on devices like these, there must be more research to understand the impact that the devices may have on the user's health.

## Purpose:

The purpose of my project was to introduce a topic that could be very important for future research, and to explain insightful information about the topic in simple terms.

## Approach:

I used my annotated bibliography and literature review synthesis papers to help create a powerpoint with voiceover that is much easier to understand than the other two projects. The annotated bibliography and literature review synthesis used the same 5 academic articles.

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Dr. Zerbe

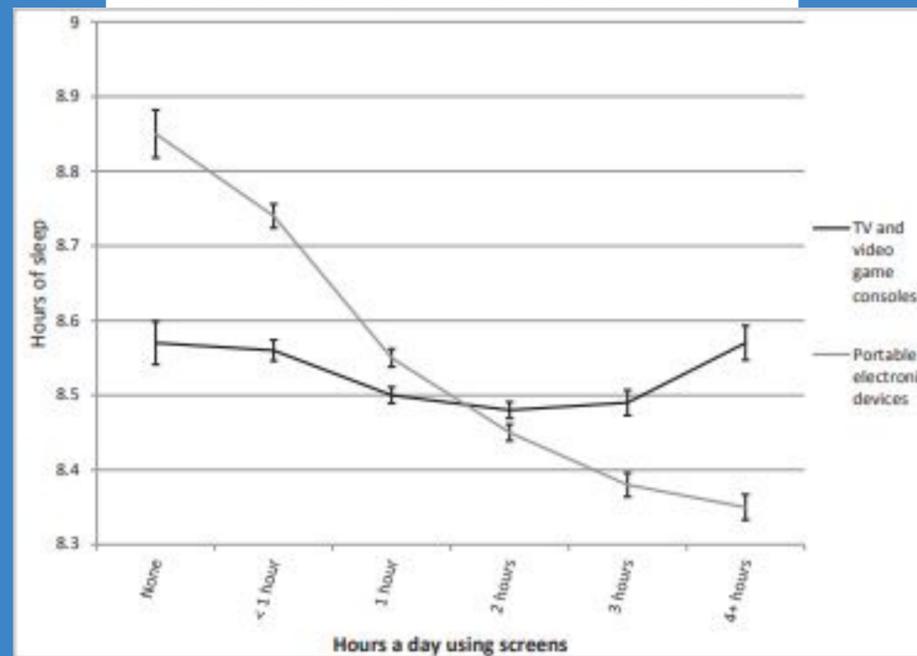
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## Results:

The best way to prevent interference of sleep from screen-based devices is by viewing devices at brightness levels similar to the surrounding setting and by not using only one type of device for an extended period of time. Also, portable devices are worse than non-portable devices in terms of sleep quality and duration. After 2 hours of use on a particular device in a day, the chance for sleep loss increases. These findings are important because they can help inform parents about the potential risks that devices may have on their children, while also promoting a healthy lifestyle.

Portable vs. Non-Portable Devices



## Acknowledgements:

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## References:

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