

TIP #

3

ELECTRONIC DEVICE FREE ZONE

A lack of sleep is quickly turning into a public health crisis. This makes getting enough sleep more important than ever. Promoting healthy sleep behaviors enhances performance and allows you to experience life fully alert, engaged, and awake.

Eliminating electronic devices is one great way to get a better night's sleep.



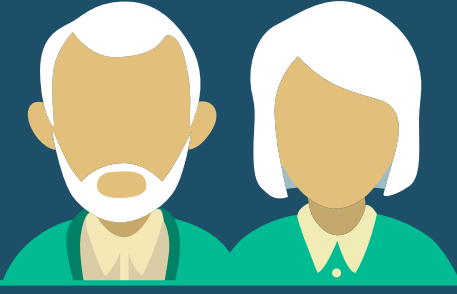
TECHNOLOGY USE BEFORE SLEEP IS PERVASIVE



Americans report very active technology use in the hour before trying to sleep.

95% of people use some type of electronics within an hour before bed a few nights a week including:

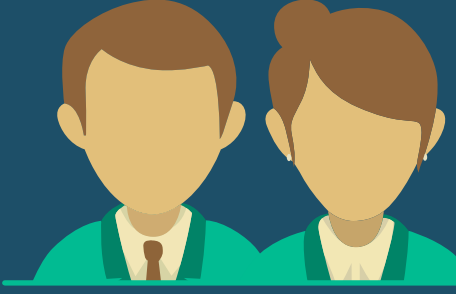
- Television
- Computer
- Video game
- Cell phone



Baby boomers (46-64 year olds)



Generation X'ers (30-45 year olds)



Generation Y'ers (19-29 year olds)



Generation Z'ers (13-18 year olds)

Report very different technology preferences

TELEVISION

COMPUTER OR LAPTOP USE

VIDEO GAMES

CELL PHONE



67% About two-thirds of baby boomers

63% Generation X'ers

50% Half of generation Z'ers

49% Generation Y'ers

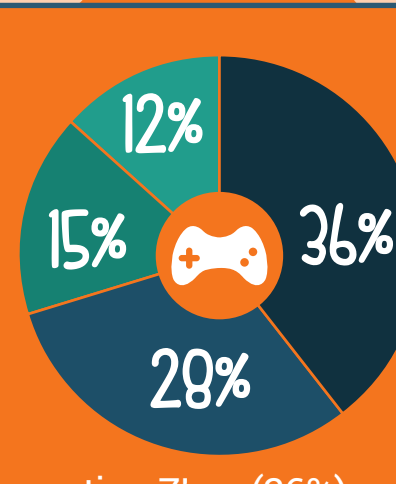
watch television every night or almost every night within the hour before going to sleep.



61% Roughly six in ten say they use their laptops or computers at least a few nights a week within the hour before bed.

More than half of generation Z'ers (55%) & slightly less of generation Y'ers (47%) say they surf the Internet every night or almost every night within the hour before sleep.

55% Z'ers 47% Y'ers



Generation Z'ers (36%) and generation Y'ers (28%) are about twice as likely as generation X'ers (15%) and baby boomers (12%) to say they play a video game within the hour before bedtime at least a few times a week.

More than one in ten (14%) of generation Z'ers say they do so every night or almost every night before going to sleep.



Cell phone use, specifically texting & talking on the phone, shows a significant age gap.

More than half of generation Z'ers (56%) and nearly half of generation Y'ers (42%) say they send, read or receive text messages every night or almost every night in the hour before bed compared to 15% of generation X'ers and 5% of baby boomers.

Cell phones are sometimes a sleep disturbance. About in one in ten of generation Z'ers (9%) say that they are awakened after they go to bed every night or almost every night by a phone call, text message or email.

About one in five of generation Y'ers (20%) and generation Z'ers (18%) say this happens at least a few nights a week.



Over the last 50 years, we've seen how television viewing has grown to be a near constant before bed, and now we are seeing new information technologies such as laptops, cell phones, video games and music devices rapidly gaining the same status

THE PROBLEM WITH TECHNOLOGY USE BEFORE SLEEP

Artificial light exposure between dusk and the time we go to bed at night make it more difficult to fall asleep because it:



- Suppresses release of the sleep-promoting hormone melatonin
- Enhances alertness
- Shifts circadian rhythms to a later hour



The higher use of these potentially more sleep-disruptive technologies among younger generations may have serious consequences for physical health, cognitive development and other measures of wellbeing.

In randomized controlled study conducted by a Harvard Medical School and German Aerospace Medicine research team, it was found that the use of light-emitting electronic devices 4 hours before bedtime increased alertness, delayed the time it took to fall asleep, suppressed melatonin levels, & increased sleepiness on the following morning.

CHECKLIST

Ditch the devices from the bed and bedroom.

Avoid using any device 2 hours before wanting to fall asleep.

Disconnect your kids (and yourself too).



Use a traditional alarm clock.

Disable any sound from the device even if the device is another room.

Power down to power up in the morning.

Eliminating technology use before bed time is a great way to increase the quality of your sleep. Make sure you check out all of Zesty Sleep's 10 simple tips for a better night's sleep!