

## WHAT IS KEEPING YOU UP AT NIGHT? THE ANSWER IS SURPRISING



**Summary:** *If you routinely complain about not getting enough sleep, there might be an underlying issue. That issue is technology and how it affects our brain.*

Getting enough sleep on a nightly basis is one of the most important things you can do for yourself. A good night's sleep will go a long way towards staying healthy and alert. A major culprit of not getting enough sleep is the use of technology. Close to 95 percent of people use **technology one hour prior to bedtime**. The more often you use backlit electronics, the more likely it is that you will have trouble sleeping.

### **National Sleep Foundation Study Findings**

A study from the National Sleep Foundation reported the following findings:

- 63 percent of the people surveyed said that they do not get enough sleep
- 60 percent of people between the ages of 13-64 have problems sleeping
- 15 percent of people between the ages of 19-64 get less than six hours of sleep per night

### **Lack of Sleep Causes Problems**

Lack of sleep plays a major role in all of the following issues:

- Cardiovascular disease
- Diabetes
- Obesity
- Ongoing depression

### **Cell Phones are an Issue**

Cell phones have become a major problem for people who are suffering from a lack of sleep. The study from the National Sleep Foundation found the following:

- 25 percent of people fail to put their phone on silent when asleep
- 95 percent of people between the ages of 18-29 sleep with their phone right next to their bed
- 50 percent of people check their phone as soon as they wake up during the night
- 10 percent of people are woken up by emails, text messages or phone calls throughout the night

### **Looking for Better Sleep?**

If you are **looking to get a better night's sleep**, the news from the survey is not all bad. There are ways for you to go to sleep at night using technology that will not hinder your efforts. You can read a book using light from an indirect lamp, write your thoughts down in a journal, read a book via an e-reader or listening to gentle music on a radio or CD player.