



## Civic Lab: Screens and Your Sleep

How much time do you spend in front of screens and is it affecting your sleep? Studies are beginning to show that viewing screens may cause sleep disorders such as insomnia. Explore resources on the relationship between screens and your sleep.

### Conversation Questions

1. How would you rate your quality of sleep? Have you noticed any activities that seem to affect your sleep cycles?
2. What role do screens play in your life? If you had to give up your screens for a week, what would you do in place of them?

### Key Definitions

- *Insomnia* – prolonged and usually abnormal inability to get enough sleep (from Merriam-Webster); dissatisfaction with sleep quantity or quality paired with difficulty initiating sleep, maintaining sleep, and/or waking in the early morning without being able to go back to sleep (from Diagnostic and Statistical Manual of Mental Disorders, 5th ed.)
- *Screen* – a flat surface on which a picture or series of pictures is projected or reflected...in an electronic display (from Merriam-Webster)

### Key Facts

1. It is estimated that one-third of adults report insomnia symptoms; females are 50% more likely to present with symptoms than males.<sup>1</sup>
2. One of the primary causes of excessive sleepiness among Americans is self-imposed sleep deprivation.<sup>2</sup>
3. Humans are the only mammals that willingly delay sleep.<sup>3</sup>

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<sup>1</sup> American Psychiatric Association's *Diagnostic and Statistical Manual of Mental Disorders* (5th ed.), 2013

<sup>2</sup> From the National Sleep Foundation, <https://sleepfoundation.org/sleep-news/25-random-facts-about-sleep>

<sup>3</sup> From the Cleveland Clinic, <https://health.clevelandclinic.org/2014/05/22-facts-about-sleep-that-will-surprise-you-infographic/>





## Read

### **“Brain Basics: Understanding Sleep” from the National Institute of Neurological Disorders and Stroke**

<https://goo.gl/TJHVtL>

This overview of how sleep happens and how much sleep we should get includes suggestions on getting better sleep.

### **“How Much of an Effect Does Social Media Have on Insomnia and Depression?” by Charlotte Kirk-Patrick and Roxanne Steijn**

<https://goo.gl/6GeSBL>

This academic study explores the effects of social media on individuals' sleep and emotional well-being.

### **“Generation M<sup>2</sup>: Media in the Lives of 8- to 18-Year-Olds” from the Kaiser Family Foundation**

<https://goo.gl/zQp9Wu>

This report on media and children presents studies showing the amount and impact of media use at different ages.

## Watch

### **“What Would Happen If You Didn't Sleep? – Claudia Aguirre” from TED-Ed**

<https://goo.gl/wvCfvX>

Aguirre describes what sleep deprivation does to humans.

## Explore

### **“174,203 Things You Can Do Instead of Watching TV” from Whole9**

<https://goo.gl/5Nh1e3>

Do you spend lots of time in front of a television? Consider this suggested list of alternate activities, or make your own.

### **“Screen-Free Week” from the American Academy of Pediatrics (AAP)**

<https://goo.gl/RDpWwZ>

The AAP is a partner in this annual event, next taking place April 30–May 6, 2018. Consider taking the challenge!



The CIVIC LAB at Skokie Public Library offers information and thought-provoking activities to support dialogue and engagement on issues that affect our community.