



# TECHNOLOGY AND SLEEP

- Technology use in the evenings may delay bedtime and interfere with sleep
- Using a bright screen for 1.5 hours or more can increase alertness.
- Not all people are affected by technology use in the same way.
- Some forms of technology use may be better than others and some activities better than others.
- In the evening, use technology in moderation. Switch from interactive devices (e.g., phones) to passive devices (e.g., e-reader).

## 1. How can technology use affect us at bedtime?

Technology use in the evenings may delay bedtime and interfere with sleep. Using a bright screen for 1.5 hours or more can increase alertness. Not all people are affected by technology use in the same way. Some forms of technology use may be better than others and some activities better than others. In the evening, use technology in moderation. Switch from interactive devices (e.g., phones) to passive devices (e.g., e-reader).

## 3. Does using technology just before bedtime affect sleep?

Using a bright screen for 1.5 hours or more can increase alertness. Not all people are affected by technology use in the same way. Some forms of technology use may be better than others and some activities better than others. In the evening, use technology in moderation. Switch from interactive devices (e.g., phones) to passive devices (e.g., e-reader).

## 2. How long is too long to spend in front of a bright screen before bed?

Using a bright screen for 1.5 hours or more can increase alertness. Not all people are affected by technology use in the same way. Some forms of technology use may be better than others and some activities better than others. In the evening, use technology in moderation. Switch from interactive devices (e.g., phones) to passive devices (e.g., e-reader).

## 4. Are some forms of technology use more stimulating such that they affect sleep?

Using a bright screen for 1.5 hours or more can increase alertness. Not all people are affected by technology use in the same way. Some forms of technology use may be better than others and some activities better than others. In the evening, use technology in moderation. Switch from interactive devices (e.g., phones) to passive devices (e.g., e-reader).



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