

How Do Screens Impact Our Kids' Sleep

Welcome to all the new parents who have recently joined the Toddler to Teen™ Parenting Solutions Community and thank you for all the wonderful comments and emails about the three part video series and webinar.

We now resume with our regular schedule, weekly thought-provoking parenting blogs, to start your Sunday off with some ideas to ponder...

Today I'm writing about a phenomenon that affects our children, our teens, and ourselves....sleep and screens!

I've noticed in my practice, that more and more parents seem to be giving their children Melatonin to help them sleep at night. I am not a doctor and so I'm not going to comment on medical treatment, but I do wonder about the connection of screens and one's ability to fall asleep...

Dr. Daniel Siegel, a child neuropsychiatrist, and author of many wonderful books, states the following serious concerns regarding sleep:

- We need sufficient sleep to allow active neurons to rest (Dr. Daniel Siegel recommends 7-9 hrs. for adults, elementary age children need at least 10 hrs. and teens need at least 9 hrs.)
- We need enough sleep to allow the supportive cells, the glial cells, to clean up the toxins that neurons produce
- Sleep deprivation decreases attention and focus
- Sleep deprivation impairs memory
- Lack of sleep hampers the problem-solving process
- With less sleep, insulin, which regulates our metabolism, works in the opposite way and makes us gain weight and eat more

Dr. Mark Rosekind (PhD) adds:

- Technology/screens affect our cognitive stimulation and rev up the neurons in the brain which start to race (the opposite of what we want to happen at bedtime)

The physical act of responding to... [read more and make sense of the blue light connection](#)