

# Screens: No Longer a Brave New World!



- In the past seven years, teens' daily media exposure increased by 2+ hours
- 12 hours/day screen, audio, print media, computers, and video
- 25+% time devoted to media multitasking
- Average 5 hours TV/day
- By the time the average person reaches age 70 he/she spent equivalent of 7 to 10 years watching TV
- American Academy of Pediatrics' (AAP) recommends children and adolescents limit total media time to no more than 1 to 2 hours of quality programming/day

*AAP, '01; Rideout et al., 2010*

## **Various Hypotheses Regarding TV-sleep Association**

- Heightened alertness, physiological arousal, associated with falling asleep.
- Lengthy exposure to TVs' bright lights contribute to delayed, reduced melatonin secretion, altering sleep-waking cycles.
- Frightening programming may promote sleep problems.
- Interactive technology vs. passive.
- Physical inactivity, associated with TV, possibly related to difficulty falling/ maintaining sleep.
- Adolescents with sleep difficulties may watch TV when unable to sleep.
- TV-SLEEP relationship tied to other risk factors: SES, mental health, child neglect, etc.