**Ymarfer 15**

# Mobile screen exposure can lead to poor sleep

Mobile phone use at night time is having a negative impact on young people’s sleep and mental wellbeing according to a newly published report.

The Glasgow University report, commissioned by the Scottish Government, summarises the findings from a systematic review of the evidence on adolescent mobile device screen time and the impact on sleep. It found that:

* sleep quality is negatively influenced by mobile phone use in general and social media in particular
* night time mobile use and problematic social media use were linked to depressed mood through experiences of poor quality sleep
* experiencing online bullying is directly linked to shorter sleep as a result of obsessing about distressing thoughts and emotions

Welcoming publication of the report, Mental Health Minister Clare Haughey said:

“There are many positive things about technology, screens and social media. However in a society where so many young people have access to a mobile device and social media platforms, it is important that we get an accurate picture of the impact that can have on their sense of emotional wellbeing and their ability to get a proper, uninterrupted night’s sleep.

“Of course it’s not just young people who have a phone or tablet by the side of their bed every night but this research shows the potentially negative impact on children and young people.

“Poor sleep is a huge problem in our society, and excessive screen time is a contributing factor, leading to increased levels of stress, anxiety and depression. It’s time to wake up to the importance of sleep for our health and wellbeing.”