

# The Link Between Technology and Disrupted Sleep



Using electronics at night can hinder the quality and quantity of your sleep. The light from screens sends signals to your brain that interfere with the production of melatonin, which can throw off your circadian rhythm. The stimulating effects of interacting with a device keeps your mind working, making it harder to fall asleep.

Tips for making your bedroom technology free:

- ↗ Create a Charging Station Outside**  
Keep phones, tablets and laptops charging in another room to reduce temptation.
- ↗ Set a Cut-Off Time**  
Power down devices at least 30-60 minutes before bed to signal your brain it's time to rest.
- ↗ Set Boundaries**  
If you must keep a device nearby, silence alerts or use "Do not disturb" mode overnight.
- ↗ Choose Calming Alternative**  
Wind down with a book, journaling, meditation, or light stretching instead of scrolling.
- ↗ Use an Alarm Clock**  
Replace your phone alarm with a traditional clock so your device isn't on your nightstand.

Using some of these tips can help you feel more refreshed each morning.