

# DIGITAL NATION



## How to Help Kids Balance Phones and Screens with Sleep

Phones and devices are a major part of a kid's daily routine, and that extends to nighttime as well.

- Blue light at night interrupts natural sleep rhythms. So it's best to avoid it before bed. (Blue light from the sun keeps us alert during the day. The highly concentrated blue light from screens does the same thing.)
- Just using a device is stimulating. Using screens before bed makes it harder to fall asleep, because they keep your brain alert when it should be winding down.

Check out these ideas to support them in balancing their tech use at night:

- Limit using screens before bed.
- Block the blue light (Make sure kids are using "night mode" on their devices after sunset.)
- Turn off notifications.
- Keep phones out of the bedroom or sleeping area at night.
- Talk about tech expectations
- Walk the walk.



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