

# Sleep and technology

[Technology](#)



There are many things that can interrupt our sleep in a negative way. But technology is probably the worst. Our phones emit small amounts of radiation, none that can kill us, but harm the way we sleep and certain functions of the body. " Prolonged exposure to the radio frequency (RFC) energy that cell phones emit adversely affects sleep and severely disrupts sleep patterns" (Better Health News). Even when our phones are not in their active state they can give off electromagnetic radiation that can put off our sleep up to 3 hours. Studies have shown and tested on both men and women that cell phone use before bed can prolong sleep up to 3 hours.

Before bed people shouldn't sleep right next to their phone, putting it farther away will decrease the chance of sleep disruption and any harm to your body. Wherever we go we have our phones, they now replace certain technologies that can easily be accessed through a smart phone such as the alarm clock, and with that we are now forced to sleep with our phones, that doesn't mean we should though. " Radiation interferes with our body's ability to repair itself from any damage suffered throughout the day"(Prefer Tattler). The constant need to check our applications at night is extremely tempting, especially when it's right next to you.

The more you're on it the less sleep you can get and the greater chance of long term harm to your body. The radiation affects certain areas in which our bodies deal with injury or self maintenance. If our body can't repair itself from any damage, how can you live a healthy life. Cell phones are not good to be on before bed, serious conditions can occur such as sleep deprivation. The longer we put off sleep due to the constant distraction of modern technology, the more miserable our lives will become. Anxiety is a major result

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of sleep deprivation. When we are worried our bodies wear down due to large amounts of stress.

Cell phones make life complicated, and how we constantly need to depend on them is causing us to lose sleep, and affect the mental stability of our minds. " Sleep deprivation can drive up anticipatory anxiety even in healthy individuals (Inward). The parts of the brain that deal with our emotions get fired up, and we tend to feel stressed about little things that are really not a big deal, like doing your homework, or studying for a test. School is imperative to attend especially for the younger people. If we are anxious about every little thing, how will we strive to do our best in a stressful environment, like school? Those who are naturally anxious are acutely vulnerable to the impact of insufficient sleep" (Yakima Inward). It is important to get as much sleep as possible throughout the day, but life is complicated and full of deadlines and stressful situations. To avoid anxiety disorders, it is vital to avoid the need to always be on your phone. Resisting this can limit the stress in your life and any type of anxiety disorder that may develop in the future. Anxiety can be avoided just by turning off our phone before you go to bed. It's simple, yet most people who don't see this are affected the most.

Conclusion: In the modern world ruled by technology, people are constantly fixated with the latest phone. Due to this fixation people are not getting enough sleep. While technology may contribute to making life easier, when and how they are used are extremely important. Cell phones strain the eyes when stared at for long periods of time. Also when sleeping with your phone, you are being exposed to subtle amounts of radiation, causing wear and tear to

your mental state as well as your physical odd. Our education is affected by using phones or other electronic before bed.

If we can't concentrate, then how can we live a stress free lifestyle? Lastly from the lack of sleep we get, the greater chance there is of us developing an anxiety disorder. Sleep is vital to survive, we can't let technology get in the way of our health, it doesn't just affect one person it affects everyone and everything around you. Me There are many things that can interrupt our sleep in a negative way. But technology is probably the worst. Our phones emit small amounts of radiation, none that can kill us.