

WHAT HAPPENS WHEN WE USE ELECTRICAL DEVICES BEFORE BED?



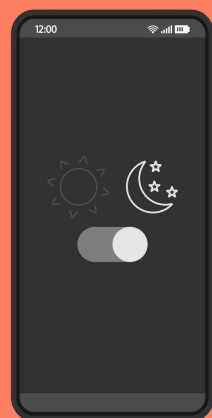
BLUE LIGHT



Electronic devices, such as phones, tablets, gaming devices, TVs and computers release blue light. Blue light stops our brains and body from feeling sleepy. This can make it much harder for us to get to sleep.

When we don't get enough sleep this can make us grumpier and make it harder for us to concentrate. Lack of sleep can also make us hungrier and make us less able to fight off infections.

HOW CAN WE REDUCE THE IMPACT OF BLUE LIGHT?



The best thing to do is avoid using electronic devices 2 hours before bed. Have a look at other activities you could do here...

If you choose to continue using electronic devices you could think about:

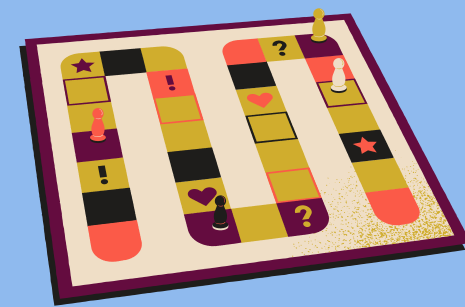
- reducing screen brightness
- turning on night mode
- putting devices on do not disturb mode

WHAT COULD I DO INSTEAD?

We asked Year 5 and Year 6 children in Manchester about activities they enjoy doing instead of using electronic devices before bed. This is what they said:



Read a book



Play a board game



Yoga and meditation



Spend time with friends or family



Listen to calming music



Draw

Which of these would you try?

WHERE CAN YOU GET MORE SUPPORT WITH YOUR SLEEP?

If you are worried about your sleep or it's making things difficult, you should speak to a trusted adult or ask them to book a GP appointment for you.