Šiuolaikinių informacinių technologijų ir žiniasklaidos priemonių įtaka vaikų ir paauglių miegui bei sveikatai
Impact of media on sleep and health in children and adolescents

Engl. transl.: IM PACT OF ME DIA ON SLEEP AND HEALTH IN CHIL DREN AND ADOLESCENTS

# Keywords

* Media
* Sleep
* Health
* Children
* Adolescents

# Details

## Year

2018

## DOI

10.29014/ns.2018.33

## Issued

2019

## Language

English

## Volume

22

## Issue

78

## Start Page

## End Page

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## Type

Journal article

## Journal

Neurologijos seminarai

## Publisher

Lithuanian Neurological Association

## Place

Lithuania

## Topics

* Internet usage, practices and engagement
* Wellbeing
* Risks and harms

## Sample

26 original articles were included into meta-analysis

## Implications For Stakeholders About

Healthcare

# Abstract

There is growing evidence on negative impact of information technologies and media on sleep and health of children and adolescents. In this article, we review the research that assessed the impact of modern information technologies (TV, tablet, smartphone, computer, and other display devices) on the sleep of school-age children and adolescents. Late Sleep Time, Long
Sleep, and Shorter Total Sleep Time directly correlate with duration of use of IT devices. We present the recommendations of this year American Pediatric Academy for the IT use for teenagers, advice for parents, and rules for toddlers.

# Outcome

Late Sleep Time, Long Sleep, and Shorter Total Sleep Time directly correlate with duration of use of IT devices. Use of media and IT has a negative impact on children's and adolescents sleep patterns and health. It depends if IT device is the child's room, how many hours is used and when it is used. For a sleeping pattens parental attitude and parental example how to use device has a significant impact.