



“It is well-known that video-gaming has increased markedly in recent years, particularly among children and teenagers. Playing video-games may disrupt sleep through a variety of routes – from increasing emotional and physiological arousal due to stimulating content, through to increased light exposure close to bedtime. Although several studies have established an association between disturbed sleep and electronic media use, there has been little work using controlled experimental designs to quantify the impact of video-game play on subsequent sleep, using objective and subjective measures.” - *Simon Kyle, Sleepio.com*

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