**Secondary Research**

**Technological Effect on Sleep and Learning Behaviour’s**

By Lachlan Harrison

**Will be Used:**

1. Title: Teenagers and sleep

Reference:

Better Health, (2018). *Teenagers and sleep*, Victorian Government. Retrieved from https://www.betterhealth.vic.gov.au/health/healthyliving/teenagers-and-sleep/.

Whether it’s used: Yes, as it proves many examples that would be useful in explaining

1. Title: Why are Teenagers so Sleep Deprived

Reference:

Garey, Juliann, (2023). *Why are Teenagers so Sleep Deprived*, Child Mind Institute. Retrieved from https://childmind.org/article/teenagers-sleep-deprived/.

Whether it’s used: Yes, it provides detailed responses about sleep deprivation

1. Title: How much sleep do teenagers need?

Reference:

University of Queensland, (2021). *How much sleep do teenagers need?*, University of Queensland. Retrieved from https://study.uq.edu.au/stories/how-much-sleep-teenagers-need.

Whether it’s used: Yes, provides good detail further about the topic

1. Title: How blue light affects your eyes, sleep, and health

Reference:

Cultivating Health, (2022). *How blue light affects your eyes, sleep, and health*, Cultivating Health. Retrieved from https://health.ucdavis.edu/blog/cultivating-health/blue-light-effects-on-your-eyes-sleep-and-health/2022/08#:~:text=How%20does%20blue%20light%20affect,sleep%20disorders%2C%20and%20cognitive%20dysfunctions.

Whether it’s used: Yes, provides lots of detail about blue light

1. Title: Technology Addiction

Reference:

Hazelden Betty Ford Foundation, (2017). *Technology Addiction*, Hazelden Betty Ford Foundation.

Retrieved from https://www.hazeldenbettyford.org/articles/teen-technology-addiction.

Whether it’s used: Yes, provides lots of detail regarding technological addiction

1. Title: Technology Addiction: 7+ Problems Caused By Technology Use

Reference:

Mally, Clint, (2023). *Technology Addiction: 7+ Problems Caused By Technology Use*, Sandstone Care. Retrieved from https://www.sandstonecare.com/blog/technology-addiction/

Whether it’s used: Yes, as it provides new and detailed reasoning

1. Title: Technology addiction

Reference:

Nightingale Hospital, (2022). *Technology addiction*, Nightingale Hospital. Retrieved from https://www.nightingalehospital.co.uk/technology-addiction/.

Whether it’s used: Yes, as it provides a good list of effects of technological addiction

1. Title: Technology Enhanced Learning (TEL): Transforming Healthcare Education

Reference:

Ausmed, (2019). *Technology Enhanced Learning (TEL): Transforming Healthcare Education*, Ausmed. Retrieved from https://www.ausmed.com.au/learn/articles/technology-enhanced-learning.

Whether it’s used: Yes, as it provides lots of good information regarding the topic

1. Title: How Technology in Education Improves Student Engagement

Reference:

Kwok, Jeremy, (2024). *How Technology in Education Improves Student Engagement*, Australian Christian College. Retrieved from https://www.acc.edu.au/blog/technology-improves-student-engagement/.

Whether it’s used: Yes, it provides good visuals and useful information that relates to the topic

1. Title: What is Technology Enhanced Learning?

Reference:

Cullen, Emma, (2023). *What is Technology Enhanced Learning?*, Mentimeter. Retrieved from https://www.mentimeter.com/blog/interactive-classrooms/what-is-technology-enhanced-learning-and-why-is-it-important.

Whether it’s used: Yes, as it provides lots of good information and detail that all expand on the topic

1. Title: Childhood ADHD and Screen Time

Reference:

McQueen, Janie, (n.d.). *Childhood ADHD and Screen Time*, WebMD. Retrieved from https://www.webmd.com/add-adhd/childhood-adhd/childhood-adhd-screen-time.

Whether it’s used: Yes, as it provides good evidence and uses lots of detail to explain

1. Title: Attention & Mental Health

Reference:

Centre for Humane Technology, (2022). *Attention & Mental Health*, Centre for Humane Technology. Retrieved from https://www.humanetech.com/attention-mental-health.

Whether it’s used: Yes, as it uses lots of good graphics that show good evidence regarding it

1. Title: How Social Media Affects Attention Span

Reference:

Baptist Health, (2020). *How Social Media Affects Attention Span*, Baptist Health. Retrieved from https://www.baptisthealth.com/blog/family-health/how-social-media-affects-attention-span.

Whether it’s used: Yes, as it focuses on completely new points and provides good information

1. Title: Sleep deprivation

Reference:

Better Health Channel, (n.d.). *Sleep deprivation*, Better Health Channel. Retrieved from https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/sleep-deprivation.

Whether it’s used: Yes, as it explores further into sleep deprivation and presents new statements

1. Title: Effects of Sleep Deprivation

Reference:

Newsom, Rob, (2023). *Effects of Sleep Deprivation*, Sleep Foundation. Retrieved from https://www.sleepfoundation.org/sleep-deprivation/effects-of-sleep-deprivation.

Whether it’s used: Yes, as it goes further into the science of sleep deprivation and the effects on the body

1. Title: Sleep Deprivation

Reference:

Cleveland Clinic, (2022). *Sleep Deprivation*, Cleveland Clinic. Retrieved from https://my.clevelandclinic.org/health/diseases/23970-sleep-deprivation.

Whether it’s used: Yes, as it solidifies information and creates new points which would be useful

1. Title: How Sleep Deprivation Impacts Mental Health

Reference:

Columbia University Department of Psychiatry, (2022). *How Sleep Deprivation Impacts Mental Health*, Columbia University Department of Psychiatry. Retrieved from https://www.columbiapsychiatry.org/news/how-sleep-deprivation-affects-your-mental-health.

Whether it’s used: Yes, as it has intensive research into the topic

1. Title:Sleep Deprivation: Symptoms, Treatment, & Effects

Reference:

Summer, Jay, (2024). *Sleep Deprivation: Symptoms, Treatment, & Effects*, Sleep Foundation. Retrieved from https://www.sleepfoundation.org/sleep-deprivation.

Whether it’s used: Yes, as it showcases new points and goes a lot more into the science

1. Title: How Much Does Social Media Affect Your Schoolwork - by Year 8 GeogI.

Reference:

Brightman Issy, Bolte Mia, (2019). *How Much Does Social Media Affect Your Schoolwork - by Year 8 GeogI*., Smith's Hill High School. Retrieved from https://smithshill-h.schools.nsw.gov.au/news/2019/12/how-much-does-social-media-affect-your-schoolwork---by-year-8-ge.html.

Whether it’s used: Yes, as it provides a year 8’s view on the topic and gives further information

1. Title: The ‘Homework Gap’ Persists. Tech Equity Is One Big Reason Why

Reference:

Langreo, Lauraine, (2022). *The ‘Homework Gap’ Persists. Tech Equity Is One Big Reason Why*, Edweek. Retrieved from https://www.edweek.org/technology/the-homework-gap-persists-tech-equity-is-one-big-reason-why/2022/06.

Whether it’s used: Yes, as it uses evidence to support its good points

**Won’t be used:**

1. Title: Sleep in Middle and High School Students

Reference:

CDC Healthy Schools, (2020). *Sleep in Middle and High School Students*, American Government. Retrieved from https://www.cdc.gov/healthyschools/features/students-sleep.htm#:~:text=The%20American%20Academy%20of%20Sleep,10%20hours%20per%2024%20hours.

Whether it’s used: No, it doesn’t provide enough information to utilise

1. Title: Is Your Teen Getting Enough Sleep? 73% Don’t. Here’s Why

Reference:

Krans, Brian, (2019). *Is Your Teen Getting Enough Sleep? 73% Don’t. Here’s Why*,

Healthline. Retrieved from https://www.healthline.com/health-news/73-of-high-school-students-dont-get-enough-sleep.

Whether it’s used: No, it doesn’t focus enough on the topic I want

1. Title: Teenagers and Sleep: How Much Sleep Is Enough?

Reference:

John Hopkins Medicine, (n.d.). *Teenagers and Sleep*: How Much Sleep Is Enough?, John Hopkins Medicine. Retrieved from https://www.hopkinsmedicine.org/health/wellness-and-prevention/teenagers-and-sleep-how-much-sleep-is-enough.

Whether it’s used: No, it focusses more on younger sides of teenagers than overall

1. Title: How Much Sleep Do I Need?

Reference:

Gavin, Mary, (2019). *How Much Sleep Do I Need?*, Kids Health. Retrieved from https://kidshealth.org/en/teens/how-much-sleep.html.

Whether it’s used: No, as it doesn’t provide much detail about the topic but instead targets many points

1. Title: Sleep In Adolescents

Reference:

Nationwide Children’s, (n.d.). *Sleep In Adolescents*, Nationwide Children’s. Retrieved from https://www.nationwidechildrens.org/specialties/sleep-disorder-center/sleep-in-adolescents

Whether it’s used: No, as I already have sites which cover this information

1. Title: 70% of High Schoolers Aren’t Getting Enough Sleep

Reference:

Brooks, Amy, (2019). *70% of High Schoolers Aren’t Getting Enough Sleep*, Stanford Medicine. Retrieved from https://healthier.stanfordchildrens.org/en/70-of-high-schoolers-arent-getting-enough-sleep/.

Whether it’s used: No, as it more answers questions in short statements

1. Title: The influence of blue light on sleep, performance and wellbeing in young adults: A systematic review

Reference:

Silvani, Marcia, Werder, Robert, Perret, Claudio. (2022). *The influence of blue light on sleep, performance and wellbeing in young adults: A systematic review*, *Frontiers in Physiology*. Retrieved from https://www.frontiersin.org/journals/physiology/articles/10.3389/fphys.2022.943108/full.

Whether it’s used: No, provides too much text that will make it difficult to locate anything useful

1. Title: What It Is and How It Affects Sleep

Reference:

Newson, Rob, (2024). *Blue Light: What It Is and How It Affects Sleep*, Sleep Foundation. Retrieved from https://www.sleepfoundation.org/bedroom-environment/blue-light.

Whether it’s used: No, doesn’t provide much detail regarding why

1. Title: Blue light has a dark side

Reference:

Harvard Health Publishing, (2020). *Blue light has a dark side*, Harvard Health Publishing. Retrieved from https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side.

Whether it’s used: No, it provides lots of detail, but all is said in other websites

1. Title: How Blue Light Affects Your Sleep

Reference:

Salamon, Maureen, (2022). *How Blue Light Affects Your Sleep*, WebMD. Retrieved from https://www.webmd.com/sleep-disorders/sleep-blue-light.

Whether it’s used: No, the site doesn’t seem completely trustworthy

1. Title: Does the Light from a Screen Make it Hard to Sleep?

Reference:

Kids Health, (n.d.). *Does the Light from a Screen Make it Hard to Sleep?*, Kids Health. Retrieved from https://kidshealth.org/en/teens/blue-light.html.

Whether it’s used: No, it doesn’t provide enough information to be useful

1. Title: Light and Sleep

Reference: Whether it’s used:

Suni, Eric, (2023). *Light and Sleep*, Sleep Foundation. Retrieved from https://www.sleepfoundation.org/bedroom-environment/light-and-sleep.

Whether it’s used: No, as it provides some data that seems unreasonable or wrong

1. Title: Technology Addiction and Implications for Children

Reference:

Youlden, Bruce, (2020). *Technology Addiction and Implications for Children*, Educare. Retrieved from https://www.educare.net.au/technology-addiction-and-implications-for-children/.

Whether it’s used: No, it only provides small points instead of providing details

1. Title: What Is Technology Addiction?

Reference:

Embark Behavioural Health, (n.d.). *What Is Technology Addiction?,* Embark Behavioural Health. Retrieved from https://www.embarkbh.com/blog/technology/what-is-technology-addiction/.

Whether it’s used: No, as it mainly provides solutions to fix it instead of what it is

1. Title: Technology Addictions: Social Media, Online Gaming, and More

Reference:

Sherer, James, (2024). *Technology Addictions: Social Media, Online Gaming, and More*, American Psychiatry Association. Retrieved from https://www.psychiatry.org/patients-families/technology-addictions-social-media-and-more#section\_0.

Whether it’s used: No, doesn’t present the text well and contains partially confusing points

1. Title: The effectiveness of technology-supported personalised learning in low- and middle-income countries: A meta-analysis

Reference:

Francis, Gill, Tsapali, Maria, (2021). *The effectiveness of technology-supported personalised learning in low- and middle-income countries: A meta-analysis*, Bera Journals. Retrieved from https://bera-journals.onlinelibrary.wiley.com/doi/full/10.1111/bjet.13116.

Whether it’s used: No, as it doesn’t seem very trustworthy

1. Title: 7 Reasons Why Students Need Technology in the Classroom

Reference:

Explorance, (2023). *7 Reasons Why Students Need Technology in the Classroom*, Explorance. Retrieved from https://explorance.com/blog/7-reasons-students-need-technology-classroom/.

Whether it’s used: No, as it doesn’t explore it in lots of detail

1. Title: Evaluating the evidence for educational technology: Part 1 – the technologies

Reference:

Australian Institute for Teaching and School Leadership Limited, (2023). *Evaluating the evidence for educational technology: Part 1 – the technologies*, Australian Institute for Teaching and School Leadership Limited. Retrieved from https://www.aitsl.edu.au/research/spotlights/evaluating-the-evidence-for-educational-technology-part-1-the-technologies.

Whether it’s used: Not all the information is related, and there are lots that is on the website

1. Title: The power of technology for learning and teaching

Reference:

Easton, Gemma, (2023). *The power of technology for learning and teaching*, School News Australia. Retrieved from https://www.school-news.com.au/technology/the-power-of-technology-for-learning-and-teaching/.

Whether it’s used: No, as it uses information that has been previously stated on other sources

1. Title: Top 5 Benefits of Technology in the Classroom

Reference:

Walden University, (No Date). *Top 5 Benefits of Technology in the Classroom*, Walden University. Retrieved from https://www.waldenu.edu/programs/education/resource/top-five-benefits-of-technology-in-the-classroom.

Whether it’s used: No, as it provides very brief responses that don’t get time to expand

1. Title: Does Heightened Screen Time Cause Attention-Deficit Disorder (ADHD) In Children?

Reference:

Cleveland Clinic, (2023). *Does Heightened Screen Time Cause Attention-Deficit Disorder (ADHD) In Children?*, Cleveland Clinic. Retrieved from https://health.clevelandclinic.org/screen-time-and-adhd.

Whether it’s used: No, as it focuses on some points which aren’t important in my infographic

1. Title: Speaking of Psychology: Why our attention spans are shrinking, with Gloria Mark, PhD

Reference:

Mark, Gloria, (2020). *Speaking of Psychology: Why our attention spans are shrinking, with Gloria Mark, PhD*, American Psychology Association. Retrieved from https://www.apa.org/news/podcasts/speaking-of-psychology/attention-spans.

Whether it’s used: No, as it is more of an opinion piece that doesn’t really work with my ideas and topic

1. Title: The impact of digital technology, social media, and artificial intelligence on cognitive functions: a review

Reference:

Shanmugasundaram, Mathura, (2023). *The impact of digital technology, social media, and artificial intelligence on cognitive functions: a review*, Frontiers in Cognition. Retrieved from https://www.frontiersin.org/articles/10.3389/fcogn.2023.1203077/full.

Whether it’s used: No, as it doesn’t include information that would be relevant to my topic that is new

1. Title: The Effects of Sleep Deprivation

Reference:

Johns Hopkins Medicine, (2020). *The Effects of Sleep Deprivation*, John Hopkins Medicine. Retrieved from https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-effects-of-sleep-deprivation.

Whether it’s used: No, as it only consists of one small infographic

1. Title: The Health Effects of Poor Sleep

Reference:

Yale Medicine, (2023). *The Health Effects of Poor Sleep, Yale Medicine*. Retrieved from https://www.yalemedicine.org/news/effects-of-poor-sleep.

Whether it’s used: No, as it doesn’t provide much information regarding the overall topic

1. Title: Lack of sleep: Can it make you sick?

Reference:

Olsen, Eric, (2018). *Lack of sleep: Can it make you sick?*, Mayo Clinic. Retrieved from https://www.mayoclinic.org/diseases-conditions/insomnia/expert-answers/lack-of-sleep/faq-20057757.

Whether it’s used: No, as information found in this has already been mentioned on other sites

1. Title: What to know about sleep deprivation

Reference:

Davis, Kathleen, (2024). *What to know about sleep deprivation*, Medical News Today. Retrieved from https://www.medicalnewstoday.com/articles/307334#\_noHeaderPrefixedContent.

Whether it’s used: No, as it presents data that has already been seen on many other sources

1. Title: The Impact of Technology on the Homework Debate

Reference:

Thompson, Casey, (n.d.). *The Impact of Technology on the Homework Debate*, Skyward. Retrieved from https://www.skyward.com/blogs/ak12/2021/april/the-impact-of-technology-on-the-homework-debate#:~:text=Technology%20issues%20impact%20homework%20being,adults%20working%20in%20the%20home.

Whether it’s used: No, doesn’t contain enough data to be used

1. Title: Technology and homework from the student perspective

Reference:

Macmillan, Alex, Hay, Simon, (2019). *Technology and homework from the student perspective*, Impact Part of MyCollege. Retrieved from https://my.chartered.college/impact\_article/technology-and-homework-from-the-student-perspective/.

Whether it’s used: No, as it states things that other sites have already mentioned

1. Title: In an ever more technological world does homework still have a place….Yes!

Reference:

classteaching, (2023). *In an ever more technological world does homework still have a place….Yes!*, Class Teaching. https://classteaching.wordpress.com/2023/06/16/in-an-ever-more-technological-world-does-homework-still-have-a-place-yes/.

Whether it’s used: No, as it uses already mentioned points and doesn’t present it in a concise way