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The 3 titles for the given paper are as follows

1. Devices like Smartphone, TV, Computer Screen causes irregular sleep pattern
2. Screen time of Adolescents are much higher than other age groups
3. Frequent usage of digital screen devices including Cordless Phone, Tablet are correlated with increase in subjective & objective sleep problems in Adolescents

Among the above three titles, 3rd one is the most appropriate. This is because it clearly communicates the conclusion of the paper. In the paper, it is reported that screen time is related with sleep problems in adolescents but it is not stated as the cause of it. Also additional studies are also recommended to draw meaningful conclusions.