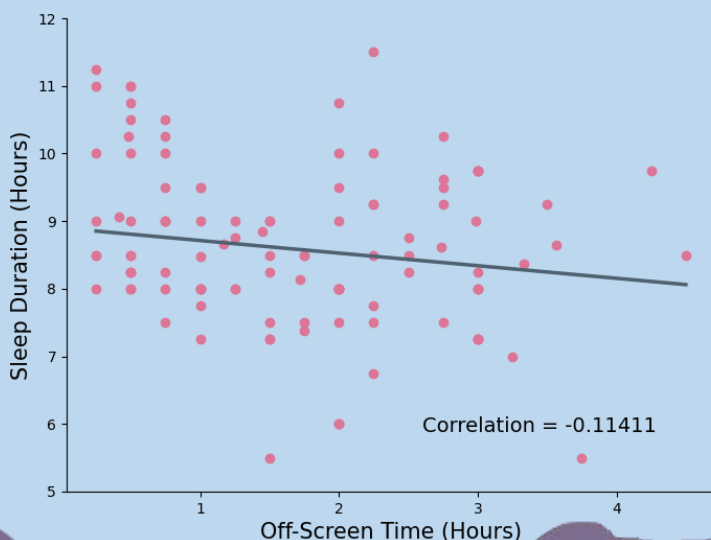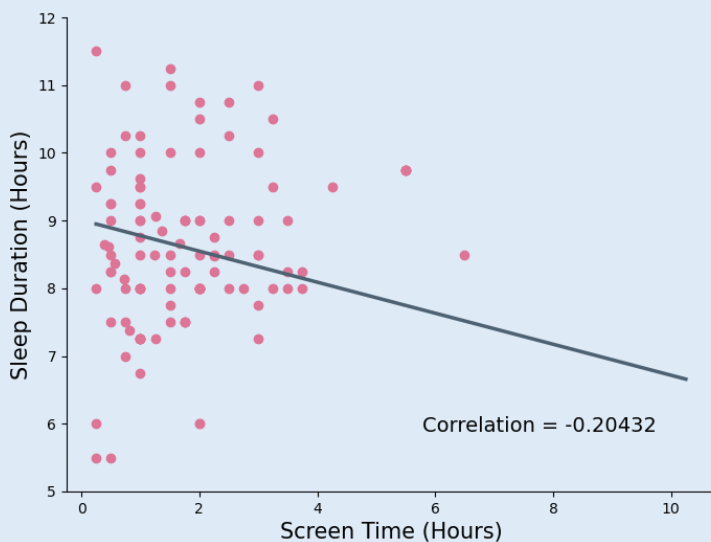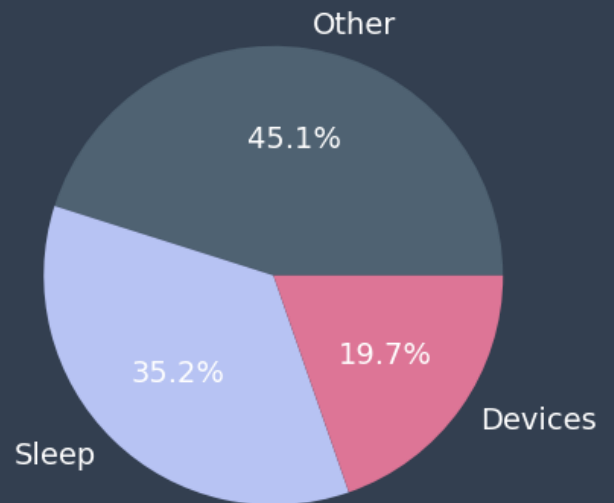# SCREEN-TIME
VS SLEEP-TIME

Screens exist everywhere in the modern world. With electronic devices such as mobile phones and handheld gaming consoles becoming more accessible, researchers are uncovering the negative consequences of staring at screens for too long, especially before sleeping.

- Electronic Devices are becoming ever so popular and are increasingly contributing to the daily activities of young people.

- The back-lit or LED screens found on these devices emit blue light; blue light has been shown to reduce/delay production of melatonin in the evening and decrease sleepiness.
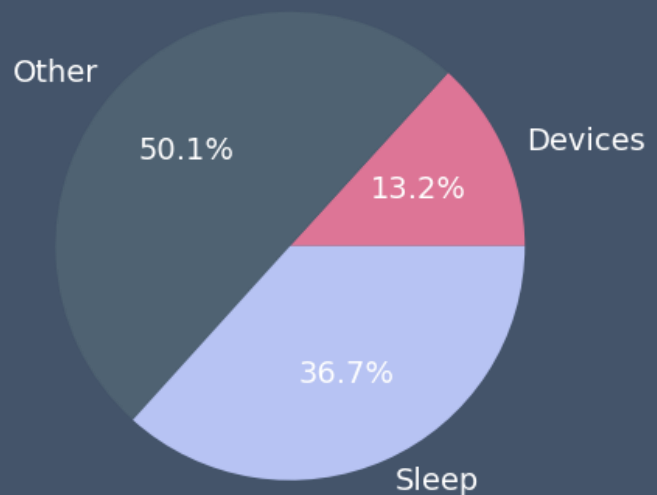
DAILY ACTIVITIES OF DATA SCIENCE STUDENTS

Other 45.1%
Devices 19.7%
Sleep 35.2%

Comparison of the effects of screen time vs off-screen time on Sleep Duration

Correlation = -0.20432

DAILY ACTIVITIES OF AVERAGE US CITIZEN

Other 50.1%
Devices 13.2%
Sleep 36.7%

(U.S. Bureau of Labour Statistics 2016)

Screen time consumes more of the day of a data scientist student than of an average US citizen (as expected)

Correlation = -0.11411