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.

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U.S. Bureau of Labour Statistics 2016,

*American Time Use Survey: ATUS 2003-2015 Activity Summary*,

electronic dataset, viewed 31 March 2022,

available at: <https://www.bls.gov/tus/datafiles\_0315.htm>

(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)

DAILY ACTIVITIES OF AVERAGE

US CITIZEN

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

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

DAILY ACTIVITIES OF DATA SCIENCE STUDENTS