**BBC 2 Radio**

11/01/2016 05:24:03 AM

* [BBC 2 Radio](https://scout.tveyes.com/) /

* [U.K. National Radio](https://scout.tveyes.com/)

 just having an iPad in bedroom hit child sleep Lanka and other smartphone or tablet in the bedroom could play havoc with asleep even if they don't use it before turning the lights out a major scientific review the front of the having an electronic gadget in Rome leave children in inverted commas switched on youngsters a restless as they anticipate receiving Texan social media messages from friends which affect their night-time routine even if the parents do impose rules about screen time the review found that children teenagers use an electronic device within 90 minutes of game to bed at twice as likely to get into efficient sleep and nearly 3 times as likely to feel sleepy during the day it sugar as dangerous as booze and ciggies sugar should be regulated like cigarettes to help tackle the obesity epidemic found his ball today doctors and health experts say sugar is just as dangerous as alcohol and tobacco and blamed the massive rise in people suffer heart disease and type two diabetes they also say sugar Laden drinks on mini health timebombs that should come with a health Hazard warnings and Dell has previous spoken out and said she suffered a really severe postnatal depression