**BBC World Service Radio**

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and a lot of parents who turn off the why-fi at a certain time in the evening so that their teenage children don't stay up late in bed on social media

but what impact to mobile devices like phones or tablets have on children's sleep a new review was just been published bring together the most recent research so james what they find go this is a review of 20 existing studies involving more than a 100 and 25000 children so it's a bit funny managed to get quite a lot of data and suppose is not a message that we find unexpected or unusual but having a mobile phone or tablet in the bedroom doubles the risk of a disruptive night's sleep but what was amazing was even if they were using it but the device was they're in their bedroom it's still affected they're asleep he said i think this takes us away from that tradition and we' d have a television in their bedroom when you're a child with televisions off it it's all few notes that they will ago why would that what we see right now 3 in the morning but the difference between that a your phone while there is an ongoing conversation taking place with your friends on so on several social media sites is that fear of missing out and so the concern is just having a phone now is make you want

to be part of an always on society's what they've turned that way you won't know what's happening irrespective of that disruption sleep you go lucky you found sometimes hear people say that the problem is the blue lights that phones and other devices met but studies are conflicted over this one recently found only delayed sleep by 9 minutes which is the equivalent of having a cup of coffee in the early evening that this review away suggested that the put as much broader prisoner yeah he's problem more cultural as well as bulge so we do we do know there is a biological impact we know that as a human race we have shifted and boil and body clocks and natural 24 hour our rhythm within day and night we shifted later through artificial lighting and all those other things we do in the evening when which would otherwise have been forced to go to sleep on the camp fire died down but yes i think it is now as much to society things as well as the changes in biology that having an impact on why we stay up so late and why with disrupting sleep they had a face slap the teenager told me about this is when you

fall asleep at night and you dropped your phone or tablet straight on chill face so they say that they think that the biggest danger taken taken a blame me easily thank you very much james gallaher bbc science and health reporter to be my guest today the producer was parliament are on twitter at claudia hammond next week on health check s special programme examining