



Explore

[**Insomnia in the context of technology** refers to **sleep problems** caused by excessive use of portable technological devices, affecting sleep duration and quality among adolescents1](https://sleep.biomedcentral.com/articles/10.1186/s41606-018-0028-9). Here are **five free learning resources** where you can delve deeper into this topic:

1. **Alison.com** offers a wide range of free IT courses covering networking, security, software development, data science, and more.
2. **Codecademy** provides free coding classes in various programming languages like Python, Ruby, and JavaScript.
3. Explore **Coursera** for free computer programming courses, including fundamentals and specific languages like Python and Java.
4. **Dash General Assembly** offers interactive coding tutorials and projects.
5. Dive into **MIT OpenCourseWare** for a wealth of free educational materials, including computer science courses.

Remember, these resources can help you enhance your tech skills without breaking the bank! 🌟👩‍💻📚