

Smartphones Change Teenagers' Digital Media Use Patterns

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Teenagers who own smartphones spend more time online – also during the night, which may affect their sleep. A new University of Basel study on more than 300 students reports that teenagers' digital media use during the night is associated with an increased risk of sleep problems and depressive symptoms. The findings have been published in the Journal of Youth and Adolescence.

Read more <http://www.alphagalileo.org/ViewItem.aspx?ItemId=149372&CultureCode=en>