Four Ways Technology Can Disrupt Your Sleep

If you're like most people, chances are you love your technology. After a long day of work and classes, curling up with your phone or laptop can be a pleasant way to get your mind off the day and connect with your other interests. It's important to remember to cut off those screens before going to bed and they can negative effect your sleep patterns.

[Screens restrict melatonin production.](#)
Your phone, laptop, and tv all emit a blue light that can affect your brain's production of melatonin- the hormone that controls your sleeping and waking cycles. If you're using these devices too close to going to bed, you may find it difficult to fall asleep. A good way to avoid this is to stop use of your technology at least 30 minutes before bed, or you can always make your room a screen-free zone.

Technology tricks your brain into thinking you should be awake.
Cranking out a few tasks on your computer or phone before bed might seem like a productive choice, but in actuality, it may be doing more harm for you than good. When you're using technology, your brain is active and engaged; far away from the state of mind you want to be in right before bed. A better way to get your mind and body ready to sleep and [practice healthy sleep habits](#) is to focus on a task that doesn't require a lot of brainpower, like [reading, meditating, or taking a hot bath.](#)

[Technology can stress you out and get your mind racing.](#)
Our phones, computers, and tv's are windows to the world. They keep us updated on people around us, in our inner circle and far beyond. As you are getting ready to sleep, the last thing you need is to be hit with a flood of information that is going to keep you up. Right before bed it's best to give your brain a break and have a restful sleep and start the next day with a clear mind.

[Technology can be a time vortex.](#)
We've all been down the internet rabbit hole before- you start out planning to watch one video, or read one article. Then a related piece of content pops up, then another, and another, and the next thing you know you're up for hours, unsure how you possibly ended up where you are. The best way to avoid these distractions is to cut off your technology usage before going to bed. We promise, it really can wait for tomorrow.

It can be highly tempting to use your technology at night to unwind and relax, but ultimately it can be detrimental to the kind of healthy sleep patterns you want to cultivate. Instead of reaching for your phone at night, try to let your brain [unwind](#) without the presence of screens to fall asleep

faster and get better sleep. Your body will thank you in the morning. For more about sleep go to [healthinitiatives.gatech.edu/ sleep.](healthinitiatives.gatech.edu/sleep)