



Setting limits around screen use and sleep

Screen use can contribute to sleep problems. The type of content being watched, the amount of screen time, and when screens are being used all have a negative impact.

Screen use and sleep

Having any device in a bedroom is linked with fewer minutes of sleep per night. Using screens can:

- Keep the brain in a state of arousal
- Suppress melatonin, which is a hormone that helps regulate the body's sleep-wake cycle
- Delay or interrupt sleep

Using screens late in the day can also affect evening routines, which can impact sleep. Avoid using devices for at least 1 hour before bedtime and keep them out of bedrooms.

For young children: Using screens to calm toddlers before bed can create conflict when the device is taken away, get in the way of them learning to self-soothe, and reduce sleep quality.

For school-aged children and teens, using screens in the evening can distract from finishing homework, spending time with family, or going to bed on time.

How to prioritize sleep

Don't allow screens in ANY bedroom at home.

Be a role model by keeping devices out of your own bedroom.

For children and teens, removing screens from bedrooms also makes it harder for them to access troubling or inappropriate content when they are alone.

Teens are often reluctant to go offline because they feel pressure to always be available if friends need support. If you decide to keep screens out of their bedrooms, give them a chance to tell their friends first.

For more on sleep, visit [Caring for Kids](#).



Centre for Healthy Screen Use

AT THE CANADIAN PAEDIATRIC SOCIETY



Canadian
Paediatric
Society