

# Worthington Health Office News:

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## SLEEP and TECHNOLOGY

Not getting enough sleep has been linked to poor attention, ineffective decision making, poor academic and work performance, obesity, car crashes and mental health issues. Researchers have uncovered that the blue light emitted from LED light bulbs, computers, tablets, phones and TV's effect sleep. In very simple terms, the blue light suppresses the release of melatonin which helps us fall asleep. Exposure to blue light later into the evening can delay melatonin production thus making it hard to fall asleep. It is recommended that children and adults alike should stop the use of up close electronics and dim the lights at least 30 minutes before bedtime. The best sleep bedrooms should be technology free including the television. Other tips for healthier sleep habits include:

- Set bedtime based on hours of sleep needed.
- Watch caffeine intake especially for kids.
- Keep bedtime routine the same as much as possible including waking and rising times.
- Limit exercise or big meals close to bedtime.

Hormonal changes in puberty can cause changes to sleep wake cycles. Adolescents may want to stay up later and therefore sleep later. Those adolescents who are staying up later are probably using technology while awake later into the night. It is even more important for them to be turning off the devices in order to wind down for sleeping.

## References:

Data Sheet from Start School Later- [www.StartSchoolLater.net](http://www.StartSchoolLater.net), <https://Sleep.org>, Kim, E.W., St-Onge, M. P., Westwood A. J (Jan, 2018) Journal of Psychiatric Research. *Blocking nocturnal blue light for insomnia: A randomized control trial.* (96), 196-202.



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### How much sleep do we need a day?

Infants up to 2 months= 14-18 hours  
3 months to 3 years old= 12-24 hours  
3-5 years old=11-13 hours  
5-11 years old= 10-11 hours  
12-25 years old= 8.5-9.5 hours  
26 years and older=7-9 hours