



MARYLAND
Department of Health



Health and Safety Best Practices: Digital Devices in the Classroom - Blue Light Excerpt Transcript

Theresa T. Nguyen, MD, Assistant Chairman of Pediatrics, GBMC:

There are studies now showing that the blue light from the screens - the LED screens... that can really affect your body's ability to secrete melatonin, which you need in order to fall asleep.

So, I always recommend to my families to not use an electronic device in the hour before bed. Because, when you're using that, you've increased the arousal and suppressed the secretion of the melatonin, and so it's harder for you to settle.

So for those children who are using their electronic devices up until they turn off their lights to go to bed, they actually probably have some difficulty transitioning to the sleep phase. So they may have delayed sleep phase.

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