

Screen Time Insomnia

By Amy Bentley



Dr. Anjalee Galion
CHOC Pediatric Neurologist

Dr. Galion is the assistant program director of the Child Neurology Training Program, a joint program between CHOC and UC Irvine. She is a nationally recognized expert in pediatric sleep disorders and is researching ways to improve sleep in children with autism. Dr. Galion completed her pediatric residency training at the University of California San Francisco, Fresno program. She completed her pediatric neurology fellowship at UC Irvine and served a fellowship in sleep medicine at the UCLA/Cedars Sinai Medical Center Program in Los Angeles.

Dr. Galion's philosophy of care: "I am passionate about helping children sleep well because this can improve the quality of life for everyone in the family and really help the developing brain."

EDUCATION:

University of Medicine and Dentistry of New Jersey - New Jersey Medical School

BOARD CERTIFICATIONS:

Child Neurology

**TOO MUCH SCREEN TIME,
TOO FEW ZZZS**

"Screens, including TVs, computers, tablets, iPhones and video games, can emit a blue light that can be a strong signal to your brain that it's daytime or wake time. If the screen is being used at night, it can send your body a signal that makes it difficult to know it's nighttime and sleep time. That can make it harder to go to sleep and stay asleep," says CHOC pediatric neurologist Dr. Galion. "Teenagers have a natural tendency to go to bed late and sleep late. So, too much screen time before bed can make it more difficult for them to go to sleep and have enough sleep before waking up to the demands of an academic day."

SETTING TIME LIMITS

Setting screentime guidelines can help parents avoid battles with their kids. "Up to two hours a day is reasonable," says Dr. Galion. The American Academy of Pediatrics recommends that children under the age of two have limited screen time, "But we understand this can be difficult for parents when there are multiple kids at home and parents use a computer for communication. Try to work with what you have. We don't want children spending many hours in front of the screen instead of doing other healthy activities for their body and brain."



8.5-9.5 hours

AMOUNT OF SLEEP TEENS SHOULD HAVE EACH NIGHT

TIPS TO HELP KIDS SLEEP WELL

- Have your children maintain regular sleep and wake times daily. "Shifting your schedules for weekdays and weekends makes it hard to get back on a rhythm for school days," says Dr. Galion.
- Engage the kids in some physical activity or exercise between 4-6 p.m.
- No caffeinated beverages after 3p.m.
- Keep the bedroom calm and quiet. "Having a bedroom that is quiet and dark and is used mainly for sleeping can help your brain associate it with sleeping," says Dr. Galion.
- Have the kids avoid electronics or stimulating activities at least two hours before bedtime.

10-11 hours

AMOUNT OF SLEEP CHILDREN AGES 5-12 SHOULD HAVE EACH NIGHT



59% of kids in grades 6-8

87% of high school students

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