

## Eat, Sleep, Ipad, Repeat

Are teenagers being kept awake longer than they should be by smartphones, I pads and other technology?

With the help of teenagers from 100 schools across the UK, the teen sleep research project at Oxford university hope to find the answers during 2016/2017. 100 schools across the UK will take part in the research.

Pupils from Northumberland Church of England Academy in Ashington are already helping the investigation by monitoring their sleep. They are the first school to take part in the 10-week scheme for the Oxford University students. The year 10 and 11 pupils will take part in a sleep education programme which sees how teenagers make sure they get a good night's sleep, for example by avoiding technology late at night. They will also complete a sleep diary before and after the sleep programme.

A small group of 20 year 10 pupils will wear two wrist appliances for two weeks to monitor their sleeping patterns. "We wear two special bracelets," explained Chris, 15. "One monitors light between night and day and monitors screen light. The second one monitors your heart rate, how well or how badly you sleep and it's all connected to my phone."

Scientists are already stating that today's society are becoming "supremely arrogant" and are completely dismissing the importance of getting the correct amount of sleep. So how much sleep should you be getting a night?

Scientists say that a average teenager should be getting nine and a quarter hours of sleep every night to be living a healthy lifestyle.

"Last night I fell asleep at about half past 10 and I put the lights out to go to bed at 10 o'clock, but I was on my phone for about half an hour - and it affected my sleep," said Amy

"Last night I didn't get to sleep until about half 11 and then in the morning I didn't wake up til eight o'clock which is really late, so I had to get ready in the car on the way to school," added Christina, 14.

Is this the future? Teens rejecting their sleep, rushing around and being unprepared just to spend even more time on their devices

