



PARENTING FOCUS

Social Media and Screen Time in the Evening

- Adolescents often fall into habits of using social media and devices in the evenings.
- Often, children reach for devices late at night to remedy issues with falling asleep. However, it is this evening use of screens and social media that is causing issues with sleep.
- There is a significant association with children's' levels of anxiety and depression, late night social media uses, and poor sleep quality.
- Adolescents using social media in the evening or in bed have been seen to have significantly poorer sleep-quality which in turn leads to a decline in mental wellbeing and increased struggles with anxiety and depression.
- Poor sleep quality can be detrimental to a child's wellbeing. Not only mentally, but this can also be a cause for weight gain issues as well as a decline in academic performances in teenagers.

