



Smartphones: The Criminal who is eating up your Sleep

Description

Do you have trouble sleeping at night? Do you feel tired yet keep tossing and turning until it feels like forever? The criminal who is eating up your sleep is near you. Yes, it's your smartphone, tablet and computer who are behind this.



Studies have proven that blue light from these electronic devices signal your brain that it is equal to the sunlight in the morning and the biological clock inside you adjusts accordingly and suppresses the release of melatonin. Melatonin starts secreting as it gets dark and aids in inducing sleep at night. Suppression of this hormone leads to a horde of health problems as obesity and cardio vascular diseases.

So what if you want your gizmo nearby as well as not sacrifice on your beauty sleep? The best and the easiest way would be to use amber lens goggle when it's dark. These goggles block the blue light. Or there are a number of apps like F.lux, Sleep cycle, Sleep Bot, Sleep as Android that monitor your sleep cycle and aid you sleep.

Photo: Internet

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Category

1. Tech Savvy

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