

# Electronic devices disrupting sleep patterns

By Kathryn Roethel

It may seem like the screens on your electronic devices consume your every waking hour. Now, new research indicates that, if you use smartphones and tablets before bed, they may be cutting into your sleep hours, too – or at least delaying them.

New research from the Mayo Clinic shows that smartphones and tablets set at their brightest settings and held very close to the face emit enough light to suppress the body's production of melatonin, a hormone the brain releases when lighting is dark or dim.

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