

E-books may be disruptive to sleep

By Nicholas Bakalar, New York Times

Planning to read in bed tonight? It may be better to read an actual book instead of an e-book reader. A small study has found that reading light-emitting electronic devices before bedtime is a recipe for poor sleep.

Researchers randomly assigned 12 healthy young adults to one of two activities: reading a light-emitting e-book in a dimly lit room for about four hours before bedtime on five consecutive evenings, or reading a printed book for the same amount of time.

All participants did both tasks.

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