

DECEMBER

SCREEN TIME & SLEEP

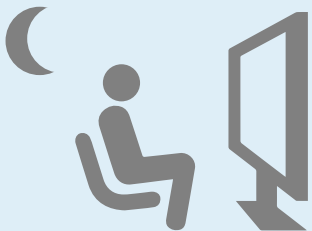

EPIC WAY TO WELLNESS



WHAT'S INTERFERING WITH YOUR SLEEP?



Americans spend as many as 12 hours a day engaging with televisions and computers while at home.



Studies show at least two-thirds of people who watched TV in the hour before going to bed did not get a good night's sleep on work nights.



Screens that give off intense blue light cut sleep-time by about 16 minutes a night, compared to screens with red light.