

TO SLEEP IS TO TEXT

The more young people text, the less they sleep. CBC News reports on a new study that focused on a group of college students in order to measure the impact of texting habits on their health and well-being. The study, documenting the daily routine of 83 first-year undergrads, concluded that a high volume of daily texting was directly attributable to erratic sleep patterns and increased emotional stress. “The line is blurring between wakefulness and sleep,” said Michael Gelb from New York University’s college of dentistry. Gelb recommends turning off the phone’s alert sounds when going to bed or leaving the device in another room in the house at bedtime.