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The Impact of Gadgets in Sleep Psychologist

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Abstract: This article provides information information the impacts of using communication devices and social networks boreep on sleepa quality and human health.

Keywords: Sleep psychology, meliquemine, amigdala, insimony, sleep hygiene, effects of memory, mood, tiritation and injury.

Introduction: In our century, modern technology has become an integral part of our daily life in our century. Especially the use of smartphones, tablets and social networks has become one of the most common habits before sleep and is still relevant. This article explores the impact of the use of communication tools and social networks on sleep on the quality and general health of the human sleep.

METHOD

Sleep psychology and importance. Sleep is one of the important components of human health and quality of life. It plays an important role in restoration, memory strengthening of the nervous system and maintaining the overall health of the body. The recommended sleeping time for healthy adults is 7-9 hours. However, various factors, including the evening of technology, is a negative impact on the quality of sleep, and this is current problem.

The use of technologies, especially smartphones and social networks, affects the quality of sleep in various ways:

☐ Impact of blue light into melatonic secretion.

Smartphones and other screen devices will release blue light, which will delay the production of melatoninine .Megatonine is the main hormone to prolong sleep cycles and extend the time of sleep and reduce the

depth of sleep.

☐ Psychological stimulation and late sleep.

Regular news, messages and visual content on social networks are mentally stimulated by the user. This prevents the activity of the brain and prevents a person from calming down. Excessive dependence on technology can also increase stress and discomfort, which causes sleep disorders.

☐ The impact of the phone on amigdala activities.

The effect of phone and other screen devices in the amigdala area depends largely on how they manage to respond to human emotional conditions and stress. Amigdala - this is a brain structure that plays an important role in managing fear, worries, stress and emotional memories, can constantly activate amigdala. This will strengthen the sense of chronic stress and anxiety. 6 are likely to increase the reaction of "escape or attack", i.e. the person reacts stronger than minor stress and concerns. Frequently looking at the phone screen and the "Like", "comment" activates the DOPAMIN system. This process can disrupt the balance between the amigdala and the Dopamine system, as people can suffer in the joy or motivation of the DOPAMIN.

☐ A negative impact on the memory strengthening.

During sleep, the brain processes the data obtained during the day and places it into memory. As noted above, the blue light coming out of the phone screen reduces the production of Melatonin, reduces the quality of sleep. This leads to violation of the consolidation (strengthening memory). As a result, the information I have been recited may not be able to remember the student. The use of the phone before this can negatively affect the process and can reduce the next day and the ability to think.

Studies show that use of the phone for a long time before sleep, especially watching social networks and various videos, will lead to exhaustion. This complicates

the processing of new data for the brain and the next day reduces the ability to remember new knowledge.

☐ A feeling of fatigue and lethargy. The brain and body will not be restored enough if the sleep is disturbed due to the phone. Sleep failure increases the cortisol (stress hormone), which creates a sense of continuous fatigue and lethargy, and the energy level falls and the mood may deteriorate. This reduces the efficiency of work the next day.

☐ Decreased attention and cognitive skills

Sleep failure reduces the activities of focus centers (prefrontal cortex). This worsens the ability to master new information and solve problems.

☐ Absence of mood and psychological situation.

When the quality of sleep deteriorates, the person may be nervous, quickly angry, and in a depression, which uses long on the phone, can increase signs of depression and anxiety. This also affects the effectiveness of general attention and work.

Disruption of sleep mode and insomnia.

The late use of smartphones or other devices leads to the disruption of sleep mode. As a result of human devices for a long time, the time of sleep is delayed and as a result the quality of sleep worsens.

Recommendations for improving sleep quality

☐ Restrict the use of screens to bed at least 1-2 hours before bedtime

☐ Use blue light filter technologies

☐ Reading or meditating book before bedtime. Adherence to sleep hygiene (i.e. the time of sleep for adults from 22:00 to 6:00 Standard)

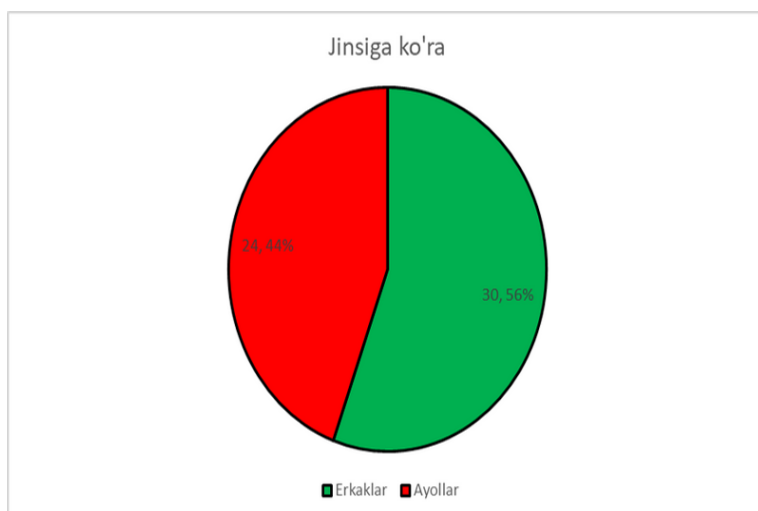
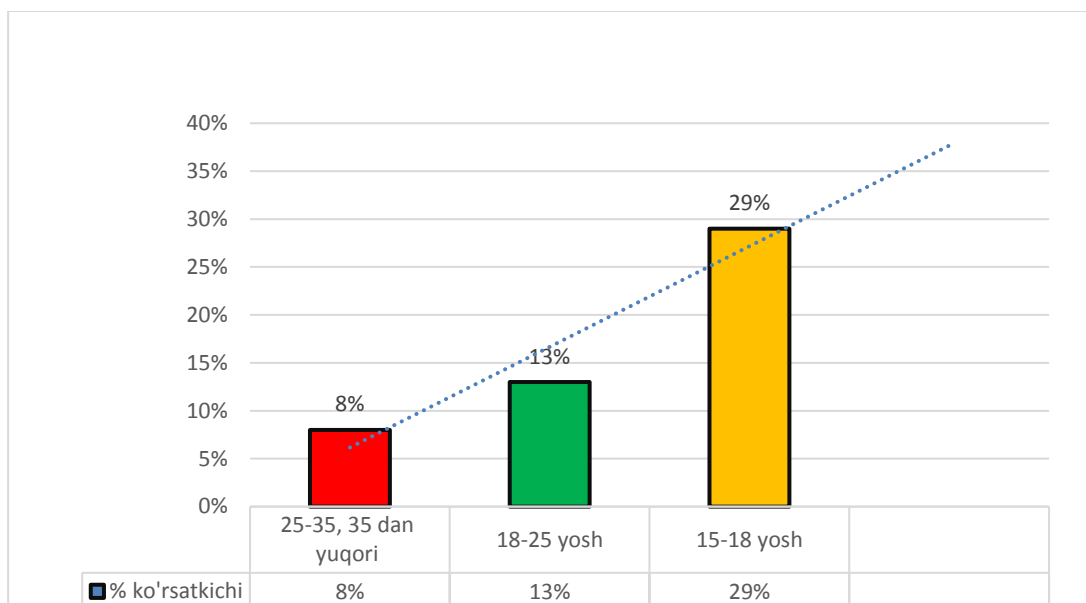
The following are considered when the study was conducted between adults, university students and schoolchildren:

	Adults students	School Students	Adults students	School Students
1) More than 26-35.35	1) More than 26-35.35	15-18	18-25	
2) the use of the average telephone and social networks	2) the use of the average telephone and social networks	75% 2-5 s 19% 5-7 s 6% 7-10 s	44% 2-5 s 50% 5-7 s 6% 7-10 s	

in one day 86% 2-5 hours	in one day 86% 2-5 hours		
14% 5-7 hours	14% 5-7 hours	33% ha 67% yo'q	53% ha 47% yo'q
4) Time to sleep at night 53% 22:00	4) Time to sleep at night 53% 22:00	4) Time to sleep at night 53% 22:00	4) Time to sleep at night 53% 22:00
29% 23:00	29% 23:00	29% 23:00	29% 23:00
11% 00:00	11% 00:00	11% 00:00	11% 00:00
7) The impact of telephones and networks on stress and depression was determined 13%	7) The impact of telephones and networks on stress and depression was determined 13%	7) The impact of telephones and networks on stress and depression was determined 13%	7) The impact of telephones and networks on stress and depression was determined 13%
40% rarely	40% rarely	40% rarely	40% rarely
9) The use of communication before going to bed will not use 12% at all	9) The use of communication before going to bed will not use 12% at all	9) The use of communication before going to bed will not use 12% at all	9) The use of communication before going to bed will not use 12% at all
53% 15-30 minutes	53% 15-30 minutes	53% 15-30 minutes	53% 15-30 minutes
27% 30-60 minutes	27% 30-60 minutes	27% 30-60 minutes	27% 30-60 minutes

It is known from this table that most of the use of the phone for more than 1 hour before sleep is the most of the universities.

Pre-sleep shows



Total: 54 individuals

- 17 adults
- 18 school students
- 19 students

show that pre-sleep is overflowing natural bioscycles of the human body and affects the

Healthy sleep recommendations.

- ☐ How to use gadgets 2 hours before sleeping
- ☐ Use of children to use children in a habit of use of children, to control the child's phone, set the time limit through the Google Family app, set the time limit and why restrictions are being set out.

To use the Rules of Following the Rules of Fault, 40-10 cm, which is 40-45 cm away from the phone, from the phone, from the phone, from the phone, from the phone, from the phone, in the focus of adults, from the phone, in 19 minutes).

CONCLUSION

Although modern technologies have become an integral part of our lives, their impact on sleep and psychography is causing serious problems. Studies

psychological effect, reducing the production of melatonin hormone and delays the process of sleep. As a result, the memory of man becomes weakened, attention and working memory decreases, fatigue and laziness increases. This affects not only in general health, but also on activities in daily life. In particular, this problem is much urgent among young people, which negatively affects the learning process, psychological stability and social activities, and to pay attention to giggets are one of the important factors for human health, psychological sustainability and quality of life. The formation of the culture of use of technology in our lives is important for human health and efficiency. It is important to limit the use of technologies for healthy sleep and pay attention to the gigymium sleep.

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