

Smart phones use affects productivity, sleeping hours

So many people are too busy on smart phones instead of working. Smart phone use directly correlates with sleep. Greater use demonstrates a significant association with shorter sleep duration and worse sleep efficiency.

About 67 per cent of Ugandan youth own smart phones and the estimated 63 per cent of the owners keep their phones on a bed side table while sleeping. But screen time differs across age and race yet is similar across socioeconomic groups.

According to research, poor sleep either quantity or quality has been shown to be a risk factor of obesity, diabetes cardiovascular disease depression, etc.

Increased smart phone use during and after bed time is associated with greater sleep onset latency. This agrees with the notion that smart phone use before attempting to fall asleep may be problematic. Smart phone screen time is not associated with any change in physical activity level or body mass index.

This could be attributed to the multi-functionality of smart phones or their use during physical activities such as in running apps.

To assess sleep duration and quality, as smart phone use increases particularly around bed time, sleep duration and quality decreases.

Today, many people spend a lot of time on smart phones during working hours.

Smith Kiiza
Kampala International
University