

Screen Time vs Sleep: How Blue Light is Stealing Your Sleep

- 1. Imagine melatonin is like a night-time security guard who helps lock up your brain for the night, ensuring it gets the rest it needs.**

Blue light from screens is like a loud, persistent alarm that keeps going off right when the security guard is trying to start his shift.

Every time the alarm sounds, the security guard gets delayed, making it harder for him to lock up the brain and start the sleep process.

So, the bluer light there is, the harder it is for melatonin to do its job of helping you fall asleep

- 2. Melatonin is your body's natural sleep hormone. Think of it like your internal sleep switch that tells your brain it's time to wind down and go to bed.**

But when you're staring at screens late at night, the blue light from those screens tricks your brain into thinking it's still daytime, making it harder for your sleep switch to turn on.