Behind the "Screnes" and Our Sleep

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Americans ownership of smart phones increases rapidly by the year. Due to this rapid increase Checking your phone becomes constant habit throughout the day. The purpose is to identify how our sleep is affected by our smartphone use. As we progress through the four stages of sleep: Awake, Light, Deep, and REM.. My hypothesis is that the more you use your smartphone the more your sleep stages will be affected. My procedure to get subjects that had Fitbit and a Iphone, arrange human subject forms with instruction of returning data, wear the Fitbit to sleep for 3 consecutive nights and send 7day average from I phone Screen time . Data Screen time for a week averages 11 subject average sleep by percentages Compared to Fitbit and CDC average per night sleep time.

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