

# Television

## TVs in the Bedroom (Adults and Children)

“Exposure to dim light at night, such as a glowing TV screen, could prompt changes in your brain that lead to mood disorders – up to and including depression” (<http://articles.mercola.com/sites/articles/archive/2011/02/19/why-you-should-never-sleep-with-tv-or-dim-lights-on.aspx>).

“Computer screens, televisions and most light bulbs emit blue light, to which your eyes are particularly sensitive because it’s the type of light most common outdoors during daytime hours. As a result, they can fool your brain into thinking it’s still daytime when it’s actually night, which disrupts your sleep patterns. A study done with hamsters at Ohio State University Medical Center found that chronic exposure to dim light at night can cause signs of depression after just a few weeks. ... rates of depression [in vulnerable people] have risen along with exposure to artificial light at night” (<http://articles.mercola.com/sites/articles/archive/2013/01/31/kids-room-electronic-devices.aspx>).

“Putting a television in your child’s bedroom may seem like a special treat, but it’s one that could be setting them up for a lifetime of poor sleep habits, and by association, obesity. ... Too little sleep impacts your levels of thyroid and stress hormones, which in turn can affect your memory, immune system, heart and metabolism, and can lead to high blood sugar levels and an increased risk of diabetes, weight gain, accelerated ageing, high blood pressure and depression, increased risk of cancer by altering the balance of hormones in your body” (<http://articles.mercola.com/sites/articles/archive/2013/01/31/kids-room-electronic-devices.aspx>).

“A growing body of research shows strong links between a TV in the bedroom and numerous health and educational problems: lower scores in school tests, more sleep problems, more likely to be overweight” (<http://articles.mercola.com/sites/articles/archive/2008/03/22/a-one-eyed-invader-in-the-bedroom.aspx>).

“Television viewing is associated with altered sleep patterns and sleep disorders among children and adolescents. Regular sleep schedules are an important part of healthy sleep. A recent study found that infants and toddlers who watch TV have more irregular sleep schedules. ... Those sleep disturbances may persist. Teens who watched three or more hours of TV per day had higher risk of sleep problems by early adulthood” (<http://www.med.umich.edu/yourchild/topics/tv.htm>).

“Children with TVs in their bedrooms are 1.3 times more likely to be overweight, and it becomes much more difficult to monitor what they watch” (<http://thedelicioustruth.blogspot.co.uk/2012/02/superb-advice-for-limiting-tv-time-from.html>).