

# Night-Time Screen Viewing

Television Child Obesity Digital Media

Read the published, peer-reviewed paper here: <https://pubmed.ncbi.nlm.nih.gov/35055781/>

## Citation

Kracht C.L., J.G. Wilburn, S.T. Broyles, P.T. Katzmarzyk and A.E. Staiano. Association of night-time screen viewing with adolescents' diet, sleep, weight status and adiposity. *Int J Environ Res Public Health* 2022;19:954

## General Summary

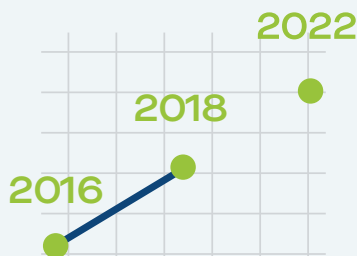
Viewing screens at night-time contributes to bad sleep and poor diet, which may lead to excess weight. This study identifies night screen viewing patterns and describes how those patterns relate to diet, sleep, weight, and body composition in adolescents. Based on data from 273 adolescents, we identified four clusters of night screen viewing: none, primarily cellphone, TV and portable devices, and multiple portable devices. We found that those viewing fewer screens report healthier behaviors, weight status, and body composition.

## Why is this research important to patients, clinicians, and other researchers?

Our findings offer support that there is a relationship between late night screen use and different health and nutrition behaviors.

## When did the study take place?

Adolescents (ages 10-16 years) were recruited to participate in this study between 2016-2018, with follow-up information collected 2 years after their first visit. This means the last part of information was collected in 2020.



## What is the purpose of the study?

In this study, we identified patterns of how adolescents use screens at night and whether those patterns are related to their diet, sleep, weight status, and body composition.



## How did we get the results and findings?

The results and findings were based upon information from 273 adolescents. We compared the sleep patterns and body compositions for the four different clusters of screen viewing behaviors.

## Who was involved?

A total of 273 children between the ages of 10 and 16 (adolescents) participated in this study. They lived in a metropolitan area in a southeastern US state. 54% percent of the kids were female, and 59% were white.



**273**  
Adolescents

**54%**  
Female

**10-16**  
Years of Age

**59%**  
Caucasian



### What was unique about this study? How were patients given a voice in research?

We had a large and diverse sample of kids included, which is reflective of the overall US population of adolescents. Also, the use of the activity monitor to measure sleep is a unique and accurate way to measure sleep, rather than asking questions about sleep.



### What were participants asked to do during the study?

The kids in this study were asked to wear an activity monitor (accelerometer) for at least 7 days, continuously. They also completed at least 2 dietary recall questionnaires that asked them to remember what they ate. Research assistants collected height, weight, and other body composition measures. A whole-body scan using imaging was completed on each child. Participants also answered questions about the devices they viewed at night, when they used the devices, what food they ate, whether they are currently in school or on a holiday. Parents of participants provided information on child's age, sex, race, household size, and household income.



### Were there any limitations to the study?

This study did not collect information on how long kids were using screens at night.



### What did we learn?

We identified four different patterns of night-time screen viewing: no screen-viewing (36%), primarily cellphone (32%), TV and portable devices (17%), and multiple portable devices (17%). Overall, one-third of adolescents viewed screens at night, which may include multiple devices.

Kids that use TV/portable devices at night had a higher waist circumference than kids that did not use screens at night. Kids who view fewer screens (primarily cellphone and no-screen viewing) reported healthier behaviors, weight status, and body composition compared to those who viewed multiple devices.

**36%**  
No screen-viewing

**32%**  
primarily cellphone

**17%**  
TV and portable devices

**17%**  
multiple portable devices

### How will the results help children, parents, and people who care for them?

Late night screen viewing is related to kids' health. Understanding ways to reduce screen usage at night may promote healthy development in adolescents.

### What's next?

Future research can improve ways to measure how much sleep kids lose or how much time they delay in getting to sleep because of their night-time screen usage.

