

Screen time can mess with the body's 'clock' Questions.

Read the entire article about screen times, then answer the following questions on a separate piece of paper. I will collect your work next class.

1. What is the main idea of the article?
2. What does our "internal clock" do?
3. How many people participated in the research study?
4. About two hours before bedtime, our brains start to produce a hormone called melatonin. What does melatonin do?
5. What is REM sleep?
6. Did people using the iPad before bedtime feel more tired and take longer to become alert the next morning?
7. After reading this article, do you think you will change how you use your iPad before bedtime? (Please explain your answer)