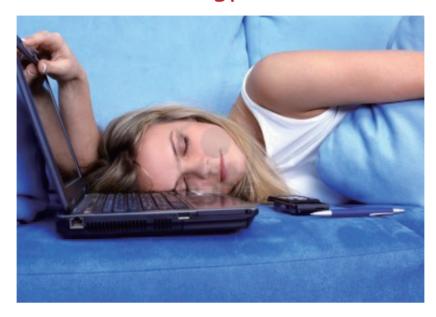# Too Much Technology, Too Little Sleep

NEW YORK – People who spend more pre-bedtime hours using the Internet or watching television are more likely to report that they don't get enough sleep, even though they sleep almost as long as people who spend fewer pre-bedtime hours in front of a computer or television screen, survey findings show.

"While many people use electronic media, such as the Internet, it should be noted that the longer media use before sleep can trigger (self-perceived) insufficient sleep," lead researcher Dr. Nakamori Suganuma, of Osaka University, Japan, told Reuters Health.

You can see the whole lesson from your teacher,please ask them to send it to you before the class.

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