

PUT YOUR PHONE THIS FAR AWAY TO SLEEP BETTER

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ARTICLE

You don't have to be a rocket scientist to understand that excessive stimulation right before bed can keep you from falling asleep. That just makes sense. That stimulation can exist in sounds and noises or an environment that's much too cold or too hot.

Anything that distracts one or more of your senses can keep you from falling to sleep quickly. It can also lead to restless sleep. When you don't move through all the natural sleep cycles, it doesn't matter if you're in bed for the appropriate amount of time. Your body and mind don't rest and recuperate properly.

This includes visual stimulation.

You're not recommended to watch television, play on your computer or use your cell phone for at least a couple of hours before bedtime. You get emotionally and mentally fired up when you should be slowing down. That makes getting to sleep difficult.

You may have known all of that. Perhaps you avoid hooking up electronically for the recommended amount of time each night. Good for you. That definitely helps you develop healthy sleep habits.

While that's a point in your favor, can we ask you a question? Where do you keep your phone while you're sleeping?

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Don't Take Your Phone to Bed with You

There are a lot of people who sleep with their phones. They fall asleep with it in their hands or place it on the bed beside them. A favorite place is under the pillow.

***How many people take their phones to bed with them?
TechRepublic.com reports that 66% of Americans polled admitted
sleeping with their phones at night.***

That's a staggering number. If that doesn't speak to phone addiction, nothing does. The problem is that even if someone never touches or uses their phone while they're sleeping, it can still massively disturb their rest.

As long as your phone is powered on, it receives cellular signals. We are currently in the 5th generation of wireless technology. The 5G cellular signal is stronger (and some say more harmful) than ever before. Your phone should never be closer than 3 feet away from you when you're sleeping (according to Pulse.ng, Psychology Today, and others).

Otherwise, you are constantly bombarded with potentially harmful radiofrequency energy. You don't need any more radiation exposure than you absolutely must. Sleeping with your phone nearby guarantees 6 or 8 or however many hours of constant radiation exposure.

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Important Note: Current research does not support the claims of adverse health effects from radiofrequency energy. For some people, though, it's better to be safe than sorry, so moving your phone away from you at night is a simple way to be on the safe side.

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Want to take a deep dive into Disconnecting? Email for detailed information on a comprehensive program “Stepping Away from an Increasingly Connected World.”

