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with evidence and
specific, useful steps
for building productive
and creative
workplaces that bolster
rather than destroy our
sanity and humanity.”
— Robert I. Sutton,
professor, Stanford
University; author,
Good Boss, Bad Boss

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In *Sleeping with Your Smartphone*, Harvard Business School professor Leslie Perlow reveals how you can disconnect and become more productive in the process. In fact, she shows that you can devote more time to your personal life and accomplish more at work.

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Smartphone usage rate is increasing rapidly.

This has also led to the rise of insomnia, especially in teenagers.

Here's how your smartphone can hamper your sleeping pattern, on a daily basis.

Your Smartphone Can Affect Sleeping Pattern: Here's How

Many people have trouble sleeping. One

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of the ways to eradicate it is listening to soft and soothing music while sleeping. We can download soft music on our smartphone and play it while we are sleeping which helps to keep our body calm and makes our sleep better.

**How to use your
smartphone to sleep
better? - ICT BYTE**

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the Cure. George
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is more than 8 years
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In her new book,
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reports that of the
1,600 managers and
professionals she
surveyed, 92% said
they ...

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**How to Stop
Sleeping With Your
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Inc.com**

“Sleeping with Your
Smartphone provides
excellent, proven
principles for how to
bring change into an
existing corporate
culture and how to

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empower employees to
join in the fight to
make the company
better.” —
Examiner.com

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Amazon.com:
**Sleeping with Your
Smartphone: How to
Break ...**

The result: Your brain
feels stimulated. This is
fine if you're looking at
your smartphone's
screen at noon, but if
you're looking at the
screen at midnight,

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your brain is going to get confused and think that the sun is out—making it even tougher to fall asleep.

Work Leslie A **Is Your Smartphone Ruining Your Sleep?** | **Sleep.org**

How your smartphone affects your sleep

01:31 These participants had already reported their sleep hours and sleep quality using a validated questionnaire

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as part of the general
Health eHeart...

**Can't sleep? Your
smartphone may be
the problem - CNN**

Going to sleep with
your smartphone is
highly discouraged. Dr
Munidasa Winslow, a
pioneer in addiction
and impulse control
disorders across Asia
Pacific and founder of
Winslow Clinic, touches
on why. Reasons Not to
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How To Break The
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Reasons not to sleep
with ...**

Leslie A
Perlov
Sleeping with Your
Smartphone illustrates
counterintuitive
insights and practical
actions to 'get it all
done' in our
multitasking,
hyperconnected world.
The book shows how
teams can improve
work-life balance and

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increase company
engagement while
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(CNN) You love your
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smartphone, but it may
be ruining your ZZZ's.
Use of these devices,
especially near
bedtime, is associated
with worse quality of
sleep, according to a
new study. "When we
looked at smartphone
use around the time

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when participants
reported they went to
bed, more smartphone
use around that time in
particular was [...]

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**Your smartphone
may be hurting your
sleep**

Check your
smartphone at the
bedroom door Make
the bedroom a phone-
free environment so
you can get a healthy
start and finish to your
days. Designate a

Access Free
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Your Smartphone
place in your house
(kitchen counter, office
desk) that your phone
charges for those 7-9
hours while you
yourself recharge.
Create a new bedtime
routine

How To Stop Your Smartphone From RObbing You Of Sleep ...

Smartphones and
tablets disrupt sleep, in
part, because they
emit what's known as

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"blue" light. This light
is picked up by special
cells behind our
eyeballs, and it
communicates to the
brain that ...

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**How Smartphones
Hurt Sleep - The
Atlantic**

Doctors and sleep
experts around the
globe have repeatedly
warned us that
sleeping with the
phone or spending too
much time being glued

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to the screen of a
smartphone or laptops
can harm our health ...
24 7 Habit And

**Do you go to bed
with your
smartphone? Here is
how it can ...**

Sleeping with these
types of devices is not
too wise, primarily
because of their
association with
disrupted sleep. From
TVs to computers to
tablets and
smartphones, young

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Perlow

children's sleep seems to be very compromised. Whether these devices disrupt sleep because of noise, light, social interactions (or the promise of them), such devices take a ...

Is it dangerous to sleep with your smartphone?—Hopes&Fears

Staring at screens right before sleep turns out to be a lot worse than

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previously thought. Dr.
Dan Siegel, clinical
professor of psychiatry
at the UCLA Schoo...
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