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Sleeping With
Your Smartphone
**Sleeping
With Your
Smartphone
How To Break The
24 7 Habit And
Change Way You
Work Leslie A
Perlow**

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**Sleeping With Your
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In Sleeping with your
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Perlow suggests that
part of a leader's job is
to teach his or her
team to manage
boundaries between
work and private life.
Disconnecting really is
the solution; the

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workaholic consultants

at Boston Consulting

Group are proof.

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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

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In Sleeping with your Smartphone, Leslie Perlow suggests that part of a leader's job is to teach his or her team to manage boundaries between work and private life. Disconnecting really is

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the solution: the
workaholic consultants
at Boston Consulting
Group are proof.

Amazon.com:
**Sleeping with Your
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Screens, including
smartphone screens,
can impact children's
sleep, too. If you're a
parent, you also may
be concerned with how
screens, especially
smartphone screens,

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could impact your
child's sleep.
Unfortunately, research
shows that kids, just
like adults, may lose
sleep because of
smartphones, too. A
study from Pediatrics
found that kids who
sleep near a small
screen, with a
television in their
room, or spend more
time looking at
"screens" in general
don't sleep as long.

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**How does your
smartphone affect
your sleep? | Tuck
Sleep**

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

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work.
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...
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Work-Life Balance How
to Stop Sleeping With
Your Smartphone
Always on 24/7? It's
not doing you or your
company any good.
Author and Harvard b-
school professor Leslie
Perlow on how to break
the cycle.

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the Cure**

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REM sleep is a stage of sleep that is critical for restoration of your mind and body. REM sleep solidifies memories and is tied to your creative and problem-solving skills.

6 Ways That Night-time Phone Use Destroys Your Sleep

...

The problem starts with the fact that 71 percent of people sleep either holding their

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smartphone, having it

in bed with them, or

having it on their

nightstand. So many

people use their

smartphones as their

alarm clocks, it makes

sense that many would

want their phones

within an arm's reach.

But when your cell is

that close to you, the

temptation to check

social media sites,

work email, and/or the

news headlines is often

too strong to

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resist—even if it's
11:00pm. How To Break The

Is Your Smartphone Ruining Your Sleep?

| **Sleep.org**

Cell phones (and tablets, TVs, and other gadgets with LED screens) give off what's known as blue light—a type that studies suggest can inhibit the production of the sleep-inducing hormone melatonin...

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**3 Reasons Not to
Sleep With Your
Phone in ... -
Health.com**

Consider how sleeping near a phone may impact your ability to sleep, and changes that you can make tonight to help yourself to sleep better. How Modern Phones Differ in Impacting Sleep
Phones have been around since Alexander Graham Bell invented the first telephone in

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1876.
How To Break The
Reasons Why You
Should Not Sleep
With Your Cell
Phone

Smartphone use is associated with worse quality of sleep in adults, according to a study, especially when they put in screen time just before bed.

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

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Experts say that your cell phone should be at least three feet away from your body while you're sleeping.

Another thing you shouldn't do is leave your cell phone charging overnight under your pillow.

Many people have burned their face or hands due to an overload and subsequent fire inside their devices.

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**Is Sleeping Near
Your Cell Phone
Bad? - Step To
Health**

If you're like the average American, you probably sleep with your smartphone within arm's reach. A 2015 Bank of America report found that 71 percent of people sleep with or near their phones — and that includes the 13 percent who said they slept with their phones in

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Is It Bad to Sleep Near Your Smartphone? - Elemental

You go through four sleep phases, getting deeper into sleep, then you go into REM sleep—and this process repeats all night long.

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debt.

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Your Tablet and Smartphone Is Ruining Your Sleep . From the WebMD Archives. ...

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How Your Sleep
Position Affects Your
Health. Article ADHD
and Sleep Problems.
Quiz Why You Need
ZZZs. Slideshow

**Your Tablet and
Smartphone Is
Ruining Your Sleep**

Mistake: Sleeping with
your cell phone Some
people are so attached
to their cell phones
that they sleep with
them on their
nightstand or even

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under their pillow. Bad
idea. **How To Break The**

**Mistake: Sleeping
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- Cell phones ...**

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

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your personal life and
accomplish more at
work. The good news is
that this doesn't
require a grand
organizational
makeover or buy-in
from ...

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