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Editorial

Insufficient Sleep Diagnosis Robust Enough for today's Streamers, Netflix Viewers and Social Network Dependents?

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Editorial

Recently, Exelmans and Van den Bulck (2017) provided empirical evidence of reduced sleep quality. Some 32% of net flex binge viewers have poor sleep quality of reduced total sleep time, fragmented sleep and daytime sleepiness. Binge viewing is prevalent among young adults, as well as streaming, gaming and social networking [1-3]. The issue with media use and sleep is multifaceted. The media itself is cognitively, emotionally and visually activating. The time spent with the media use instead of presleep relaxing behaviors or sleep is a significant factor. It is estimated that bedtimes are interrupted or delayed because of media use. The interruption of sleep- the waking up to a "ping" alarm from a phone/tablet that indicates a myriad of activities from text message, posting on facebook/Instagram or a voice mail compels the sleeper out of sleep to respond it seems [4].

Insufficient sleep diagnoses indicate the choices the sleeper makes for tasks instead of sleep. While the classification includes sleepers making selections to work and view television as possibilities, the intensity of binge useage is not fully considered as it is a recently documented phenomena. However, with cognitive/emotional and social changes that may be occurring because of insufficient sleep secondary to binge media, further consideration is warranted. In studies of childrens' sleep, more than two hours of television viewing has been found to affect their sleep in terms of delayed sleep onsets [5]. The extent of the activating qualities of binge media use in young adults reflects a similar pattern of delayed sleep onsets [1]. Thus, further considerations in terms of assessment tools and specialized structured questionnaire to determine the extent of media usage patterns are needed. With the empirical findings indicating the disruptive element of the media use to sleep, further quantification of the extent of impact is needed. Contemporary approaches to sleep history gathering and sleep hygiene training now include questions about media use by most Sleep Specialists. These efforts are essential to understanding the patients sleep disturbance experiences. Efforts here in history gathering and sleep hygiene training along with new assessment tools would pave the way for further study. The long-term impact of insufficient sleep could be better understood and perhaps treated more effectively with investigations directed toward developments in these areas. Currently, insufficient sleep is diagnosed using the sleeper's acknowledgment of interruptive factors to their sleep time. The extent and frequency of current media useage for streaming, gaming, and media social networking factors influencing sleepers' choices of sleep intervals is relevant and in need of further study.

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