

## Insomnia:

Studies show that using electronics right before going to sleep can lead to poor quality of sleep and a longer time needed to fall asleep. In order to prevent that from happening to you or someone you know, feel free to employ this *sleep defense* move.

### To learn more about tech related insomnia visit:

<https://www.health.harvard.edu/staying-healthy/blue-light-has-a-dark-side>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5363971/>

<https://edition.cnn.com/2016/11/09/health/smartphones-harm-sleep/index.html>

## About CTP:

Center For Technological Pain is a non-profit organization focused on offering DIY and Open Source solutions to health problems caused by technology. These solutions range from physical objects that help eliminate certain problems to self-defense moves and classes that help beat tech-addiction.

### For more information visit:

*website:*  
[centerfortechpain.com](http://centerfortechpain.com)

*instagram:*  
[centerfortechpain](https://www.instagram.com/centerfortechpain)

*twitter:*  
[centertechpain](https://twitter.com/centertechpain)

# INSOMNIA



Self-Defense  
Against Technology

# SLEEP DEFENSE

Exposure to blue light emitted by electronics within 2 hours of going to sleep can be a cause of insomnia.

Here's an easy way to ensure good sleep.

