

Read Free 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 Smartphone: How to Break the 24/7 Habit ...**

Your smartphone is great for a lot of things. Finding a new local eatery, directions to that eatery, and calculating a tip for your meal at that establishment are just a few benefits of this modern technology. But there's one thing that smartphones aren't great

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for: sleep.

## **Sleeping with Your Smartphone: How to Break the 24/7 Habit ...**

The problem starts with the fact that 71 percent of people sleep either holding their 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 resist—even if it's 11:00pm.

## **Sleeping with Your Smartphone: How to Break the 24/7 Habit ...**

Report underscores an increasing trend of smartphone reliance.

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## **Leslie Perlow on Sleeping with Your Smartphone**

In her new book, *Sleeping With Your Smart Phone: How to Break the 24/7 Habit and Change the Way You Work*, Perlow reports that of the 1,600 managers and professionals she surveyed, 92% said they ...

## **Sleep with your smartphone in hand? You're not alone - CNET**

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

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

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

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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.

## **Stop Sleeping With Your Smartphone - Inc.com**

In "Sleeping with Your Smartphone," 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. The good news is that this doesn't require a grand organizational makeover or buy-in from the CEO.

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

Sleeping with Your Smartphone, her most important work to date, shares the story of how a low-key ethnographic research project turned into a high-profile global program for the Boston

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Consulting Group; a program that enhanced the lives of consultants and simultaneously improved business effectiveness.

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

It will suppress your melatonin secretion when you need it most. Even low levels of light, such as a dim bedside lamp, can decrease the production of melatonin (for this reason, you should never sleep with a “nightlight” on and use good blackout curtains). The light emitted from phone screens, shining directly in your eyes,...

## **6 Ways That Night-time Phone Use Destroys Your Sleep**

...

In "Sleeping with Your Smartphone," Harvard Business School professor Leslie Perlow reveals how you can disconnect and

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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.

### **3 Reasons Not to Sleep With Your Phone in Your Bed ...**

You're not alone. That breaks down to 55 percent who sleep with it on the nightstand, 13 percent who sleep with it on the bed and 3 percent who say they sleep with it in their hands, unable to resist the physical contact. While that 3 percent of handsy smartphone sleepers sounds like a small amount,...

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

Staring at screens right before sleep turns out to be a lot worse than previously thought. Dr. Dan Siegel, clinical professor of psychiatry at the UCLA School of Medicine, lays out all of the ...

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

One health issue is having a light on a screen, whether the screen is on a smartphone or a television, when the body needs sleep. The light creates a “jet lag” effect, resetting the body’s internal clock, making it difficult to get needed sleep, and leading some to become dependent on sleeping aids.

### **Sleeping with Your Smartphone: How to Break the 24/7 Habit ...**

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.

### **Is Your Smartphone Ruining Your Sleep? | Sleep.org**

Time/Qualcomm Smartphones and tablets disrupt sleep, in part,



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because they emit what's known as "blue" light. This light is picked up by special cells behind our eyeballs, and it communicates to...

### **Sleeping Next to Your Phone Could Seriously Damage Your ...**

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.

### **How Smartphones Hurt Sleep - The Atlantic**

Keep your phone away from your body: Even just a few feet will make a big difference. Use a Bluetooth headset as much as possible, send text messages instead of talking on the phone, keep the phone away from you while downloading or sending large files and carry your phone in a backpack or purse instead of a pocket, bra or belt holster.

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## **Sleeping with Your Smartphone: How to Break the 24-7 Habit ...**

Sleeping with Your Smartphone is packed 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

## **71% of smartphone owners sleep with them | Fortune**

You could keep yourself awake 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...

## **Sleeping With Your Smartphone How**

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Sleeping with Your Smartphone: How to Break the 24/7 Habit and Change the Way You Work [Leslie A. Perlow] on Amazon.com. \*FREE\* shipping on qualifying offers. Does it have to be this way? Can't resist checking your smartphone or mobile device? Sure

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