A study that was published on January 5th, 2015 in the American magazine Pediatrics showed that having TVs, smart phones, or digital tablets decreases the hours of sleep a child gets. The study included 2048 children whose ages ranged between 10 and 13. It showed that those who had smart phones or digital tablets in their rooms sleep 21 minutes less than those who do not, while those who had TVs in their rooms slept 18 minutes less than those who didn’t. The results, according to the University of California’s researchers, should alert the parents to limit the use of any of these devices kids’ bed rooms.