The National Sleep Foundation’s 2014 *Sleep in the Modern Family* poll found that three in four teenagers, and 96% of teenagers between the ages of 15 and 17, bring some kind of technology into the bedroom. In total, the average adolescent gets up to *nine hours* of screen time per day. An estimated *two in three teenagers* regularly sleep less than the recommended amount, and screen time may be responsible for sleep deprivation and other problems. (Source: Sleep Foundation)