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)