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Sleeping with Your Cell Phone? New Study Shows Most Americans Do.

Why this habit could be putting you at risk.

(Phoenix, Arizona) September 7, 2010- A new study by the [Pew Internet & American Life Project](#) called “Cellphones and American Adults.” shows that close to two-thirds of American adults sleep with their cell phones on or right next to their beds. However, the number rises to over 90% among people ages 18 to 29.

91% of Americans say their cell phones make them feel safer. However, sleeping with a cell phone may actually be endangering people’s lives not making them more secure.

“This study is disturbing,” says Lauri Leadley, Sleep Expert and President of Valley Sleep Center, in Phoenix Arizona. “Sleeping with a cell phone actually increases a person’s chances of sleep deprivation which can lead to increases instances of car crashes, on the job injuries, and more.”

Leadley says that it doesn’t matter if your phone rings or not, even having your phone on vibrate interrupts your sleep and puts you at risk.

“Just because you don’t consciously hear your phone vibrate, your brain does. We’ve seen patients be in the deepest stages of sleep, actually get kicked out of that deep sleep stage by even the smallest noise as a vibrating cell phone,” Leadley says.

The [National Highway Traffic Safety Administration](#) conservatively estimates that 100,000 police-reported crashes are the direct result of driver fatigue each year. This results in an estimated 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. These figures may be the tip of the iceberg, since currently it is difficult to attribute crashes to sleepiness.



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Sleep deprivation in the workplace is also common. According to the [National Sleep Foundation](#), An overwhelming majority of Americans agree that inadequate sleep impairs their work performance and puts them at increased risk for accidents, injuries and health problems.

So what's a person to do when it comes to sleeping with their cell phone? According to Leadley, the answer is simple, "Don't do it."

About Valley Sleep Center

Since 2002, Valley Sleep Center has provided Arizona with diagnostic sleep disorder testing in a home-like atmosphere, ensuring a comfortable, relaxing experience for patients. Their physicians are Board Certified Sleep Medicine Specialists and they are accredited by the American Academy of Sleep Medicine. They provide diagnostic testing for a multitude of sleep related disorders including insomnia, sleep apnea, snoring, excessive daytime sleepiness, hypertension, sleepwalking, and pediatric sleep problems.

For more information contact Lauri Leadley at 480-830-3900 or visit www.valleysleepcenter.com.

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