

Mayo Clinic Minute: Is teen depression linked to technology?

Video	Audio
Angela Mattke, M.D. Pediatric and Adolescent Medicine Mayo Clinic	Technology, like laptops and smartphones and social media, all play an important role in the lives of our teens. "They're using it to learn in the classroom and out of the classroom."
	But it's outside the classroom where too much social media may lead to social problems. Dr. Mattke says kids learn to become passive engagers.
	"They're watching everyone else's Instagram, but they're not engaging, and, so, they're losing out on that social connection."
	And the more technology teens consume ... "...we see increased rates of depression."
	Electronic screens can also disrupt sleep. And a lack of good sleep can result in depressed mood, moodiness and irritability.
	"It can affect the hormones in their brain via the blue light that comes off of these screens."
	Balance the amount of recreational screen time with other important things, like exercise, sleep, engaging with others. Encourage shutting screens down at least an hour before bedtime. And set a rule of no screens in the bedroom.
	"If they are getting texts or messages that are coming through all night long, that's going to be interrupting their sleep."
	For the Mayo Clinic News Network, I'm Vivien Williams.