

Should smartphones be used as alarm clocks?

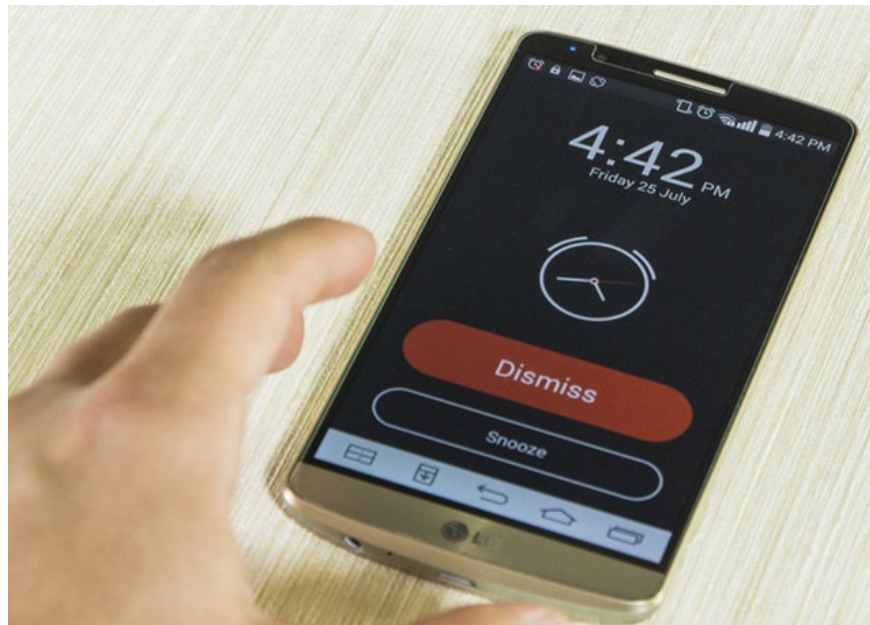
However, try using a traditional alarm clock, you get a healthier way of living. Why do I say that? Please see below.

Since the phone appeared, many people have a habit of using the phone to see the time or set an alarm to completely replace the previous alarm clock.

However, according to scientists, using the phone as an alarm clock is a very influential thing to your mind and body. So how does it affect, let's learn through the article below.

1. Green light from the phone screen

1. 11 eye protection tips when using the phone



We often have the habit of lying on the bed and playing the phone. However, do you know this habit is very harmful to health, especially the eyes. The light from the phone screen is a kind of blue light, even if you reduce the brightness to low, it still affects sleep.

The contrast between the surrounding blue and dark light environment and the screen light makes the eyes more tired and must work at high intensity, while it should be rested to prepare to fall asleep. .

To ensure sleep as well as eyes, it's best not to use your phone 1 hour before going to bed.

2. Get caught up in announcements every time



In the morning, when waking up in addition to turning off the alarm on the phone, we are also caught up with many other notifications from the application on the phone.

Habits of surfing Facebook, checking gmail, reading newspapers . when you wake up, you always fall into a slow time.

3. Difficult to go back to sleep



Surfing Facebook every night is not a good thing. Many people who have a habit of waking up in the middle of the night often come to the phone, surf into Facebook to update if there is anything new, and from there drag on a series of other issues that consume time and affect sleep.

Most of the time, I feel very alert and hard to go back to sleep. Next, to avoid boredom, I continue to surf Facebook and play games . it's like a vicious cycle that is hard to escape.

4. Traditional clock alarms are more effective



Sometimes smartphones are not the best alarm devices, because sometimes these devices fall into alarm mode without sounding. So, a classic alarm clock with traditional sound is still better than an expensive phone.

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