

Un-invite Electronics to Dinner

the unwanted guest

Sleep Sooner and more Soundly & Safely in Electronic-free Sleep Zones

Positive Side-effects of Being Present at Dinner...

- ...More communication & interaction = both ...better vocabulary and ...a better support network
- ...Much lower rates of drug abuse and ...lower rates of depression.
- ...Also, higher grades and healthier check-ups.

Negative Side-effects of Low Quality or Quantities of Sleep

- MORE ELECTRONIC USE leads to → LESS TIME FOR SLEEP
2 minutes slips into 2 hours w/ 1 last text, e-mail or face-book check in bed
- LATE ELECTRONIC USE also leads to → LESS ABILITY TO SLEEP
Light in eyes cues daytime hormones, stimulates suprachiasmatic nuclei, suppresses melatonin, etc...
- LESS SLEEP leads to → MORE PROBLEMS IN SCHOOL & MORE SICK TIME
Lack of sleep lowers immune function & learning retention, increasing absences & lowering grades.
- LESS SLEEP also leads to → MENTAL HEALTH PROBLEMS & EMFs may be BAD for the BRAIN
Lack of sleep exacerbates stress, increases depression & anxiety, slows the filtration of toxins from the brain, and may trigger mental illness onset. EMF exposure lowers serotonin levels, changes other brain chemistry, affects neural signals & brain plasticity, and may imbalance cell growth/death.

I _____ and I _____ pledge to forego the use of electronic gadgets

Student or Pledge Partner

Parent or Pledge Partner

during dinner. We further pledge not to use or have electronics in or around the bed at night (even if not in use). Signed _____ and _____

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Parent or Pledge Partner

Sponsored by HKC; visit www.sustainablewestford.org/HKC-goals/ to find out more!

Let us know which school(s) your child(ren) attend, and we will increase their pledge counters (HKC@SustainableWestford.org).

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