

## [Is Technology Addiction Wrecking Our Sleep?](#)

Consultant: [Dr Richard Graham](#) and  
Lead Sleep Therapist: [Dr Nerina Ramlakhan](#)  
Huffington Post UK, 6<sup>th</sup> July 2011, Catherine Pearson

[Dr Richard Graham](#), consultant psychiatrist and [Dr Nerina Ramlakhan](#), lead [sleep therapist](#) at Capio Nightingale Hospital share their views on the relationship between [technology](#) overuse and disturbed / [lack of sleep](#).

Different research has shown that [technology addiction](#) is a growing fact of modern life. According to a recent study 63% of children age 11 to 18 said they felt addicted to the internet.

[Dr Graham](#) an expert consultant psychiatrist on [Technology Addiction](#) explains how the [Technology Addiction](#) service at Capio Nightingale Hospital helps the patients in the program to learn the ways of weaning themselves from growing dependence on [technology](#) that can lead to problems.

Whereas [Dr Ramlakhan](#) concentrates on how [technology](#) affects both the quality and quantity of people's [sleep](#). [Dr Ramlakhan](#) says "a dependence on technology can lead to an inability to get enough good [sleep](#)." She stresses that "[technology](#) can be a wonderful thing, but it can also cause burnout and serious [sleep problems](#), too." [Please read full article](#)

### **Further Information**

[Technology Addiction](#)

[Sleep Therapy](#)

[Addiction](#)