BITESCIENCE
Communication and media

Netwerk Mediawijsheid

Bronnen Bitefile Slaap & media

De Bitefile Slaap & media is gebaseerd op de volgende artikelen:

1. Ayaki, M., Hattori, A., Maruyama, Y., Nakano, M., Yoshimura, M., Kitazawa, M., ... & Tsubota, K. (2016). Protective effect of blue-light shield eyewear for adults against light pollution from self-luminous devices used at night. *Chronobiology International, 33*(1), 134-139. https://doi.org/10.3109/07420528.2015.1119158
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3. Bowler, J., & Bourke, P. (2018). Facebook use and sleep quality: Light interacts with socially induced alertness. *British Journal of Psychology, 110*(3), 519-529. https://doi.org/10.1111/bjop.12351
4. Carter, B., Rees, P., Hale, L., Bhattacharjee, D., & Paradkar, M. S. (2016). Association between portable screen-based media device access or use and sleep outcomes: a systematic review and meta-analysis. *JAMA Pediatrics, 170*(12), 1202-1208. https://jamanetwork.com/journals/jamapediatrics/article-abstract/2571467
5. Crowley, S. J., Wolfson, A. R., Tarokh, L., & Carskadon, M. A. (2018). An update on adolescent sleep: New evidence informing the perfect storm model. *Journal of Adolescence, 67*, 55-65. https://doi.org/10.1016/j.adolescence.2018.06.001
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10. Huang, L., Kawasaki, H., Liu, Y., & Wang, Z. (2019). The prevalence of myopia and the factors associated with it among university students in Nanjing: A cross-sectional study. *Medicine, 98*(10). https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6417623/
11. Lawrenson, J. G., Hull, C. C., & Downie, L. E. (2017). The effect of blue-light blocking spectacle lenses on visual performance, macular health and the sleep-wake cycle: a systematic review of the literature. *Ophthalmic and Physiological Optics, 37*(6), 644-654. https://doi.org/10.1111/opo.12406
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