

Tuesday 10 January 2012 – Morning

GCSE ENGLISH/ENGLISH LANGUAGE

A680/01/RBI Information and Ideas (Foundation Tier)

READING BOOKLET INSERT

Duration: 2 hours



MODIFIED LANGUAGE

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TEXT A

Mobile phones stop teenagers getting a good night's sleep

By Kate Devlin, Medical Correspondent

Teenagers who send more than five text messages or make more than five calls a day on their mobile phones are ruining their chances of getting a good night's sleep, a new study has shown.

According to the study, young people who often used their phone to text or call their friends were more likely to have trouble sleeping than those who used their mobile moderately.

As a result, young people who texted too much felt more tired during the day and drank more caffeine to help them stay awake.

Many young people also said they felt a 'pressure' to be at the end of their phones 'around the clock'. The resulting stress led them to take up smoking or drinking, the team behind the research warned.

The study, presented at SLEEP 2008, the 22nd Annual Meeting of the Associated Professional Sleep Societies, found that teenagers who often used their mobiles were more prone to disrupted sleep, restlessness, stress and fatigue than other young people.

Researchers from Sweden looked at 21 otherwise healthy teenagers, between 14 and 20 years of age, who had regular school or work hours and who did not suffer from serious sleep problems.

The volunteers were split into two groups. The first group made fewer than five calls or sent fewer than five texts a day, whereas the second group used their phones at least 15 times daily. The scientists found that those who used their mobile phones the most were most susceptible to stress and fatigue.

Not only did they find it more difficult to fall asleep than the other group but they also suffered from more disrupted sleep patterns once they finally nodded off.

The study also found that those who used their phones often were more likely to take drinks designed to make them feel more alert during the day. They were also more likely to feel more awake at night than in the morning, suggesting a delayed biological clock.

Those who used their phones the most appeared to have a different, more frantic lifestyle than other teenagers, the study revealed. It also found that youngsters feel a group pressure to remain interconnected and reachable round the clock. Children start to use mobile phones at an early stage of their life.

Getting a good night's sleep is extremely important for young people, the study found, and they should be made more aware that excessive mobile phone use can bring with it 'serious health risks' as well as attention problems and trouble with sleeping.

Jessica Alexander, from the Sleep Council, which promotes healthy sleeping habits, said: 'Too many teenagers are stimulating their brains with mobile phones or computers late at night, when they should be settling down in preparation for sleep.'



TEXT B

Children spend 7 hours a day in ‘electronic life’

Youngsters’ slavish use of iPods, mobiles and PCs is alarming child welfare experts, write Chris Hastings and Georgia Warren

A new generation of ‘multimedia’ children is spending an average of seven hours a day glued to smartphones, iPods, TVs and video games. Research has found that youngsters aged between 8 and 18 now spend almost every waking minute outside school using some electronic device.

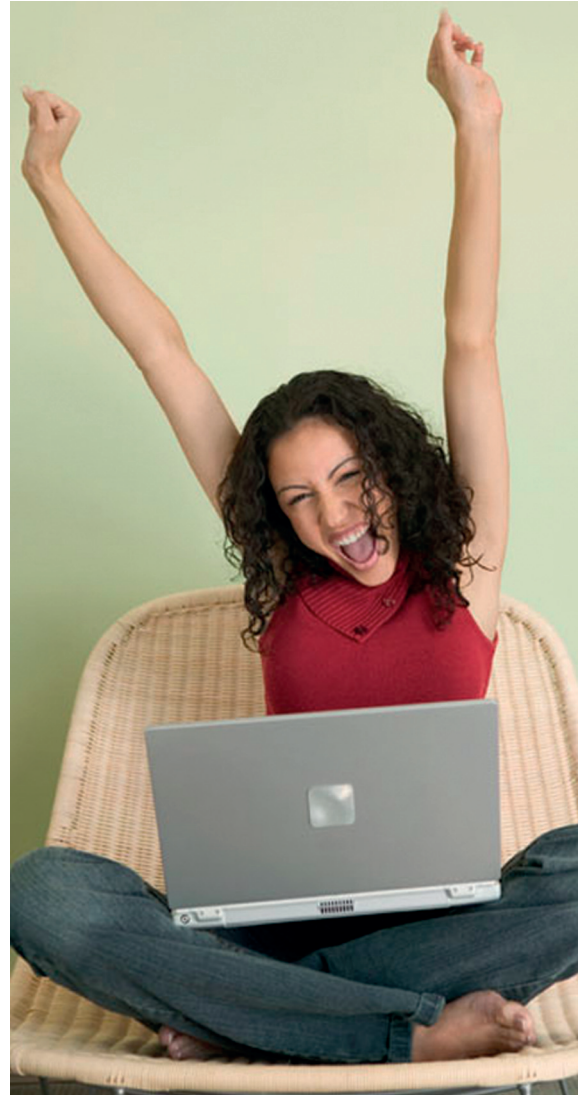
Children’s ‘electronic life’ has exploded in the past five years because portable devices have revolutionised the way children access television programmes, films and music. By using more than one device at a time, some are consuming over 10 hours of electronic content a day.

The findings have alarmed child welfare experts. Michele Elliott, a child psychologist and founder of the child welfare charity Kidscape, said: ‘It’s a very sad state of affairs and I hope the research will be a wake-up call for some parents. As far as some people are concerned these devices have become like a drug designed to keep children quiet.’

‘When children are using these devices, they are not communicating or interacting with anyone else in person. They may be very good at texting but how do they cope when they have to meet someone face to face? Parents need to limit the amount of time young children use electronic media.’

‘THEY MAY BE GOOD AT TEXTING BUT HOW DO THEY COPE WHEN THEY MEET SOMEONE FACE TO FACE?’

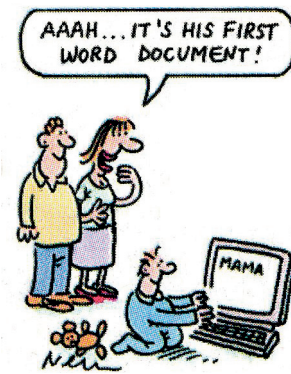
The research, conducted by the Kaiser Family Foundation in the US, also reflects the experience of young people in this country, such as Katie Leuw, 17, an AS-level student from north London.



Leuw says there is hardly a waking hour when she is not attached to an electronic device. ‘I’m on my BlackBerry all day – I’m never not on it. Most of my friends have one. I message people on the way to school, and listen to my iPod on the bus, and as soon as I get home from school I turn on my TV and go on my laptop to do my homework and go on Facebook. I’m Facebook friends with literally everyone I’ve ever met.’

She said being constantly available to her friends is central to her social life: 'You wouldn't have the social life everyone does if you didn't always have your phone on you.' She admitted that it has had an impact on her schoolwork: 'Everything is there to distract you from what you actually need to get on with.'

Experts are divided on the impact of such heavy usage on children's health, emotional wellbeing and social skills. Not everyone is pessimistic. Professor Rupert Wegerif, director of research at the school of education and lifelong learning at the University of Exeter said: 'We need to focus



not just on the fact that children are using screens but what they are using them for. What they are doing is often quite creative and quite interactive.'

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