



# Parent/pupil research project: What happens when you reduce technology 2 hours before bedtime?

Green Lanes Primary  
July 2024





Outline of project:



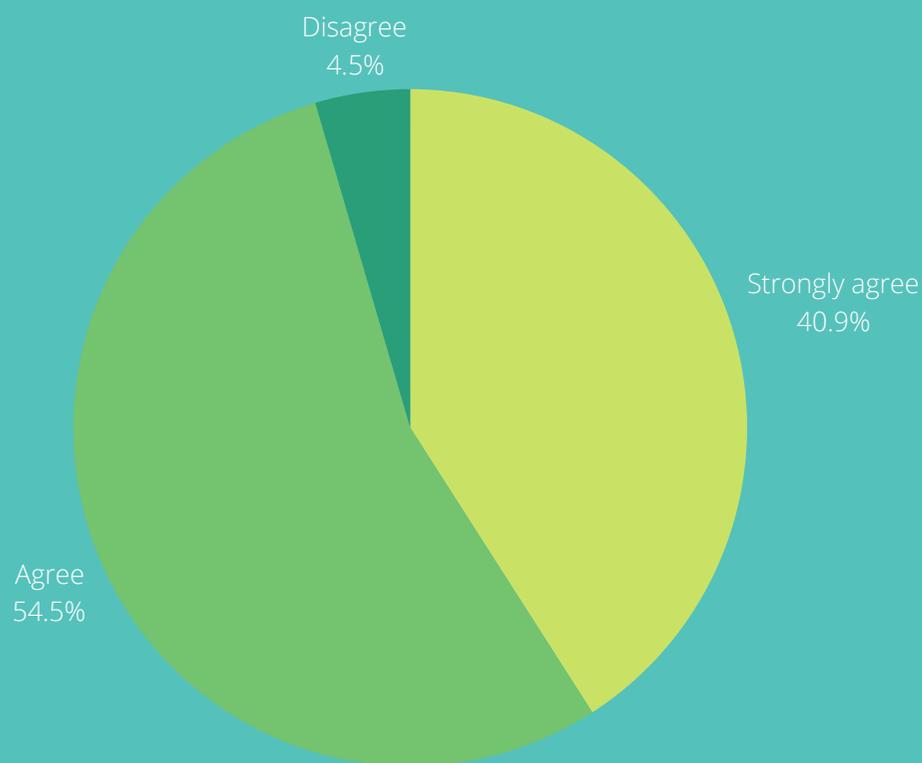
What happens to children's learning, focus, progress and sleep if you reduce technology 2 hours before bedtime?

Technology is classed as gaming, social media or watching youtube gaming. Parents can adapt to include TV however audio books/music should not be restricted.

Length of project 2 weeks followed by an optional extended 2 weeks  
22 children took part ranging from age 6-11 years.

# PUPIL RESULTS

I HAVE REDUCED MY GAMING

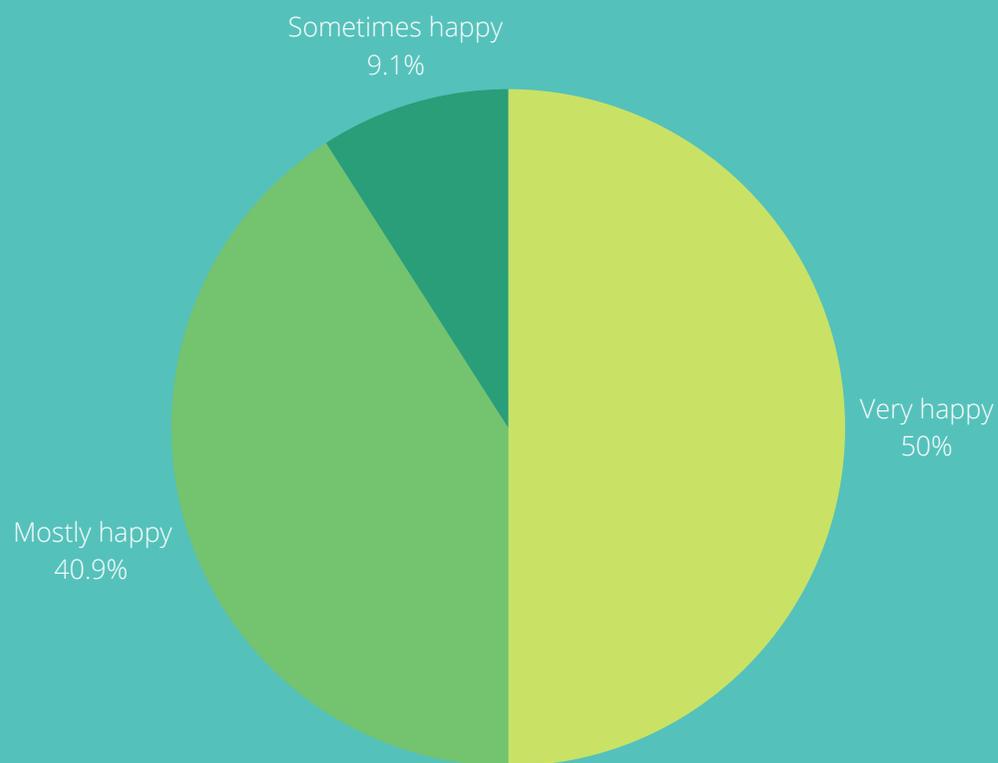


Out of the sample group following the research children overwhelmingly felt they had reduced their gaming



# PUPIL RESULTS

I FEEL HAPPIER NOW.

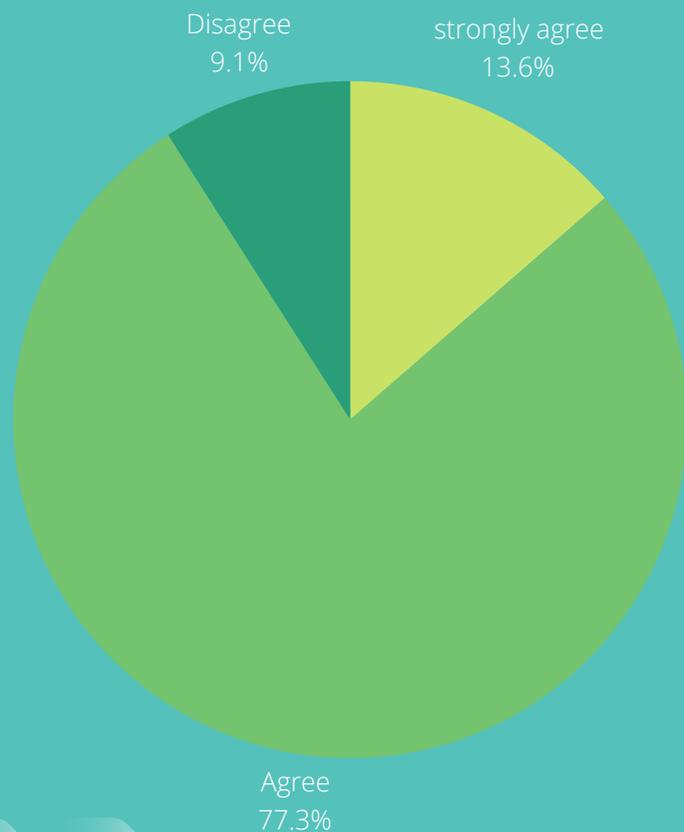


Children recognised that their wellbeing improved from doing the project



# PUPIL RESULTS

I HAVE IMPROVED MY SLEEP

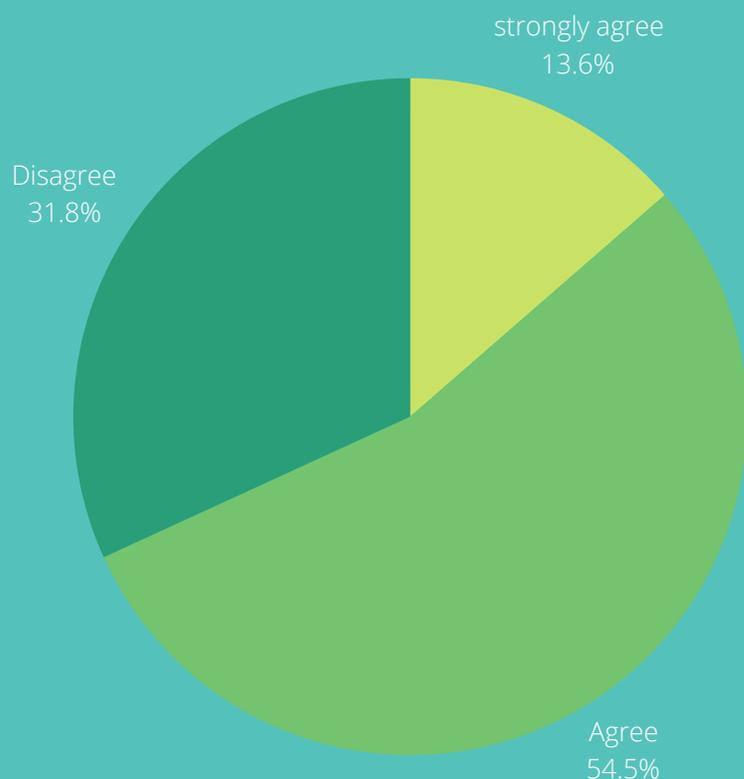


Children felt they were sleeping better during the project.



# PUPIL RESULTS

I CAN GET TO SLEEP QUICKER

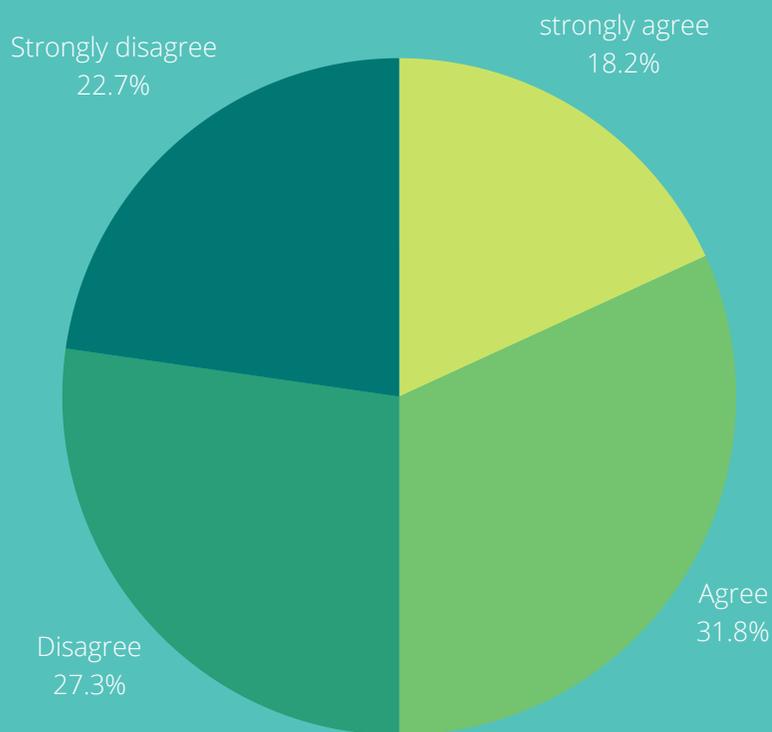


Children felt they were able to get to sleep quicker during the project.



# PUPIL RESULTS

I FIND IT EASIER TO GET UP IN THE MORNING



Children did not overall feel that this affected their getting up in the morning.



# PUPIL RESULTS

## INDIVIDUAL COMMENTS

Good

I don't really see a difference but I do feel more focused.

Just feel better

I like feeling part of a research project

I feel less sleepy in the morning

I feel good since I started to reduce my

screen time and am going out to play more.

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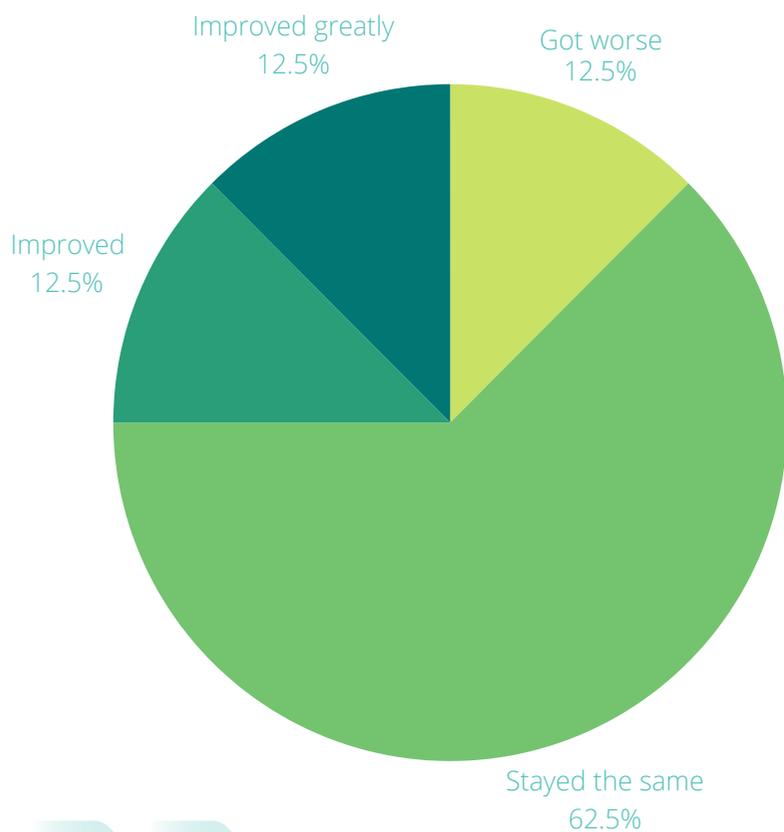
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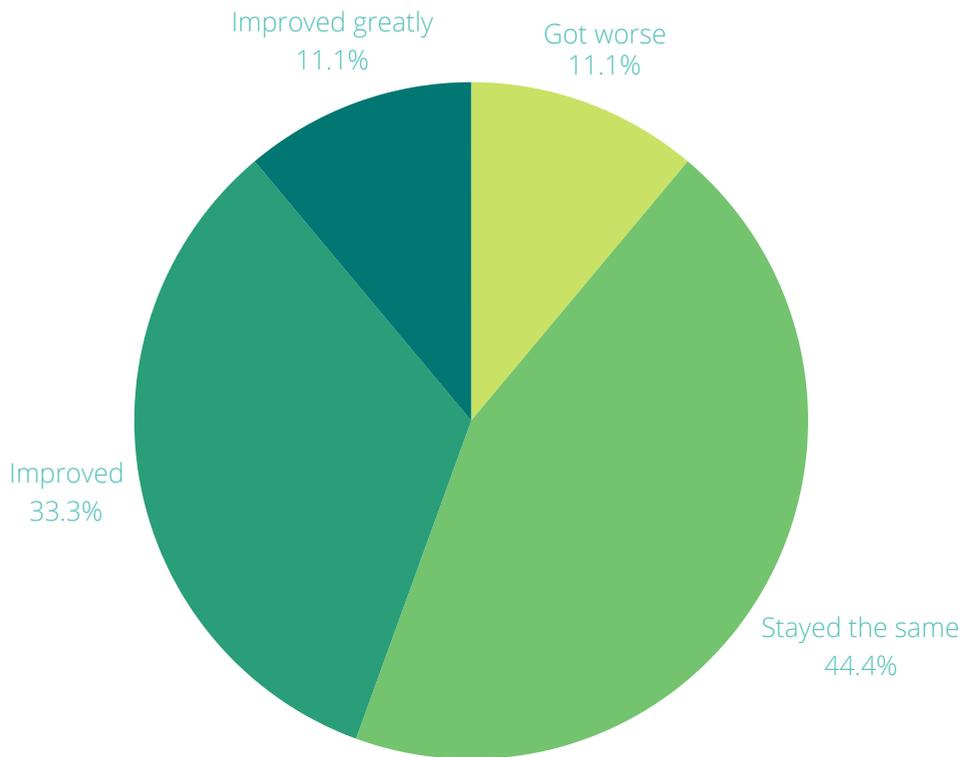
# PARENT FEEDBACK MY CHILD'S SLEEP



Only 8 parents responded at the end of the project and this contrasted the children's views



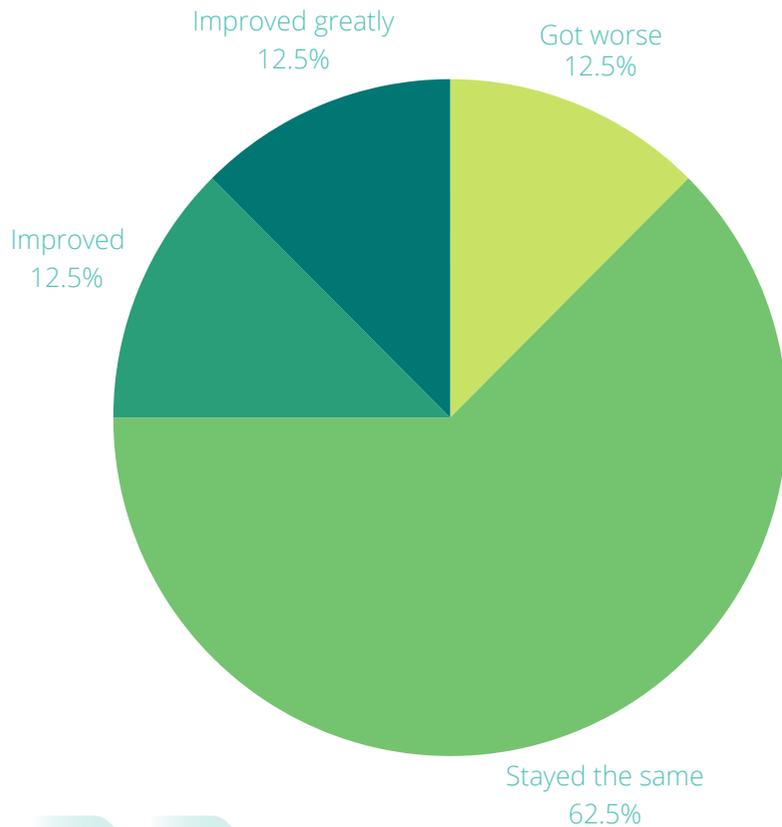
# PARENT FEEDBACK WAKING UP IN THE MORNING



Only 8 parents responded at the end of the project and this demonstrated a more positive picture



# PARENT FEEDBACK MY CHILD'S FOCUS

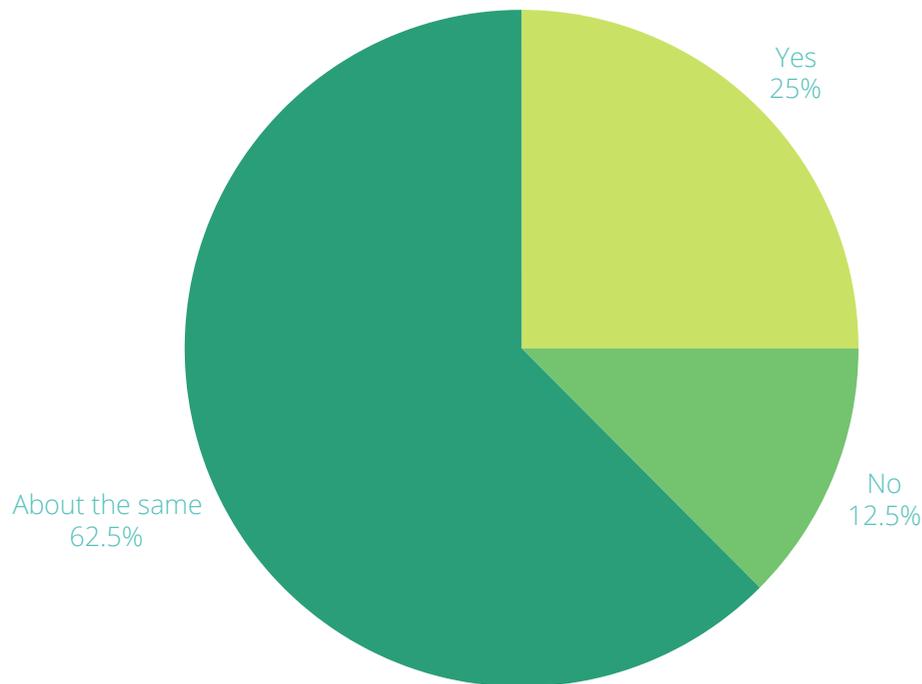


Only 8 parents responded at the end of the project and this demonstrated a more positive picture



# PARENT FEEDBACK END GOALS DID THE PROJECT MAKE A DIFFERENCE?

8 parents responded



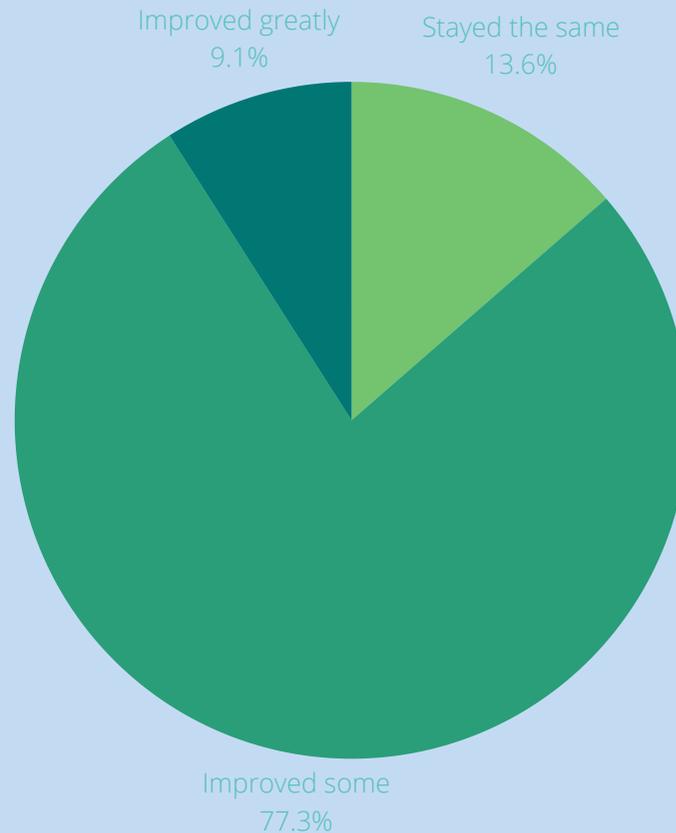
# PARENT FEEDBACK COMMENTS

I felt my child was calmer and seems more relaxed. I feel that she has better sleep.

We saw no change in focus, sleep or attention. However have noticed that he is less bothered about spending long amounts of time on his tablet and preferring to do more non screen based activities. We feel that this is a positive overall.



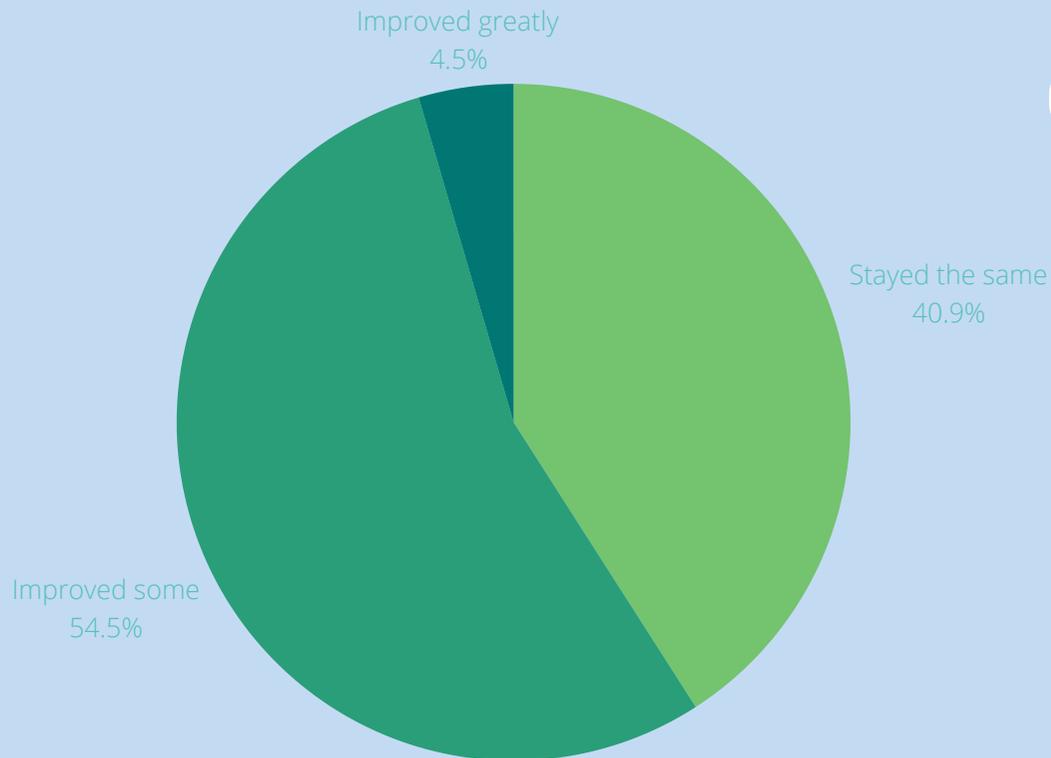
# TEACHER FEEDBACK DID IT IMPROVE CHILDREN'S FOCUS?



**CHILDREN'S  
FOCUS  
IMPROVED  
OVER THE  
PROJECT**



# TEACHER FEEDBACK DID IT IMPROVE CHILDREN'S LEARNING?



**CHILDREN'S FOCUS  
IMPROVED OVER  
THE PROJECT.  
HOWEVER 2-4  
WEEKS DID NOT  
GIVE ADEQUATE  
TIME TO MEASURE  
OUTCOMES**

