



SCREENS AND SLEEP

**The New Normal: Parents, Teens,
Screens, and Sleep in the United States**

COMMON SENSE IS GRATEFUL FOR THE GENEROUS SUPPORT
AND UNDERWRITING THAT FUNDED THIS RESEARCH REPORT:

Eva and Bill Price

Price Family Research Fund

Craig Newmark Philanthropies

Carnegie Corporation of New York

Credits

Author: Michael B. Robb, Ph.D., Common Sense

Copy editor: Jenny Pritchett

Designers: Allison Rudd
Dana Herrick

Special thanks: Monique LeBourgeois, Ph.D. (University of Colorado, Boulder) and
Lauren Hale, Ph.D. (Stony Brook University) for their input during
the development of the survey.

TABLE OF CONTENTS

Introduction 3

Key Findings. 7

Methodology 11

Time Spent on Mobile Devices 13

Mobile Device Addiction 17

Conflict, Distraction, and Relationships 21

Mobile Devices and Sleep 25

Conclusion 27

Appendix A: Notable Differences 29

Appendix B: Toplines 30

References 47

Common Sense Board of Directors 48

Common Sense is the nation's leading nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.



www.commonsense.org

A LETTER FROM OUR FOUNDER

We hear from parents all the time about family tension around technology and concerns about rising use. This new report, *The New Normal: Parents, Teens, Screens, and Sleep in the United States*, finds that this struggle is now seeping into every aspect of life and home, with teens increasingly taking their mobile devices into bed with them. Parents are also raising the flag on their own use, reporting a steep increase in concerns that they, too, are spending too much time with their devices.

The report provides insight into the parent-child relationship around technology, showing that parents are concerned that mobile phones and tablets are taking time away from important activities—like sleep. But conflict over devices is actually down from three years ago, indicating perhaps the new normal is that everyone is distracted by their own tech.

The American Academy of Pediatrics has long cautioned against screens in the bedroom, but with mobile devices ever present, our new study of 1,000 parents and their children nationwide finds that 68 percent of teens take their devices to bed, including almost a third who sleep with them actually in their beds. The devices don't just lie there idly, either. More than a third of teens and more than a quarter of parents wake up and check their mobile device for something other than the time at least once a night (often to check social media or respond to a notification), so there is no respite from the glow of the screen and the day's stress and social pressures. Parents may feel that it's too late to take back control once their kids are so attached to their phones and tablets, but with studies linking poor sleep to a number of mental and physical health problems, as well as diminished academic and cognitive performance, I urge parents to consider these findings as a wake-up call that device use might truly impact the health of their children and themselves.

The report is a follow-up to our 2016 report *Technology Addiction: Concern, Controversy, and Finding Balance*, which revealed a new family dynamic driven by technology and shaped by its benefits and drawbacks.

Given how fast the pace of technology moves, we wanted to know how families are dealing with devices today and what's changed in the last three years. With this new snapshot of the 2019 American family, Common Sense hopes to focus the conversation about healthy use and balance, providing information to guide families in our increasingly connected society.



James P. Steyer, founder and CEO

A handwritten signature in black ink that reads "Jim Steyer". The signature is fluid and cursive, with the first name "Jim" and last name "Steyer" clearly legible.

INTRODUCTION

THIS SURVEY IS THE second wave of an ongoing study tracking how mobile devices are affecting families, and it looks at the issue from several perspectives: how parents and teens feel about the time they spend on mobile devices, how device use affects their relationships, and how it distracts and causes conflict. In addition, we've begun to look at how mobile device use is affecting sleep: how mobile devices are a part of bedtime and morning routines, how they disturb sleep, and even the proximity of devices to our sleeping bodies. The survey is unique in that it also gets at how parents and teens see each other's mobile device use.

In 2016, Common Sense published the findings of our original survey (Felt & Robb, 2016), which found that half of teens felt "addicted" to their mobile devices. Even more parents (59%) characterized their kids as being addicted. Across the board, parents and kids reported on how their mobile devices were affecting family life, including how often devices distracted them, how often they fought over mobile devices, and where mobile devices were creeping into daily activities like driving and meal-times. In the years since that survey was conducted, ownership of mobile devices has increased: In a separate 2018 report (Rideout & Robb, 2018), Common Sense found that 89% of teens had their own smartphones. Given how fast the pace of technology moves, we wanted to know how families are dealing with devices today and what's changed in the last three years.

Our review of the available research in 2016 found that "technology addiction" is a controversial topic. There's substantial disagreement among researchers about whether it exists and, if it does, whether it has its own pathology or whether it's merely a symptom of other potential problems, such as depression or ADHD. What's happened since?

In 2018, the World Health Organization (WHO) identified "gaming disorder" as a pattern of problematic gaming behaviors that result in severe negative ramifications throughout people's personal, professional, and academic lives, though it noted that it likely only affects a small percentage of people (Gaming disorder, n.d.). In doing so, the WHO joined the American Psychiatric Association (APA), which had previously identified "internet gaming disorder" as a condition for future study and one that could potentially be included in the next Diagnostic and Statistical

Manual of Mental Disorders (DSM-5). Though the WHO and the APA have restricted their focus to gaming for now, other researchers, such as the psychologist Jean Twenge, have pointed to excessive use of mobile devices specifically as a driver of depression, unhappiness, and suicidal thoughts (Twenge & Campbell, 2018). One study found that U.S. teenagers who spend three hours a day or more on electronic devices are 35% more likely, and those who spend five hours or more are 71% more likely, to have a risk factor for suicide than those who spend less than one hour (Twenge, Joiner, Rogers, & Martin, 2017).

But many other researchers express skepticism about technology addiction, likening it to previous moral panics about TV, comic books, or music and saying that the connections between mobile device use and poor social-emotional outcomes is poorly understood and underwhelming. For example, a study by Orben and Przybylski (2019) looked across three large data sets and found that digital technology use could only explain roughly 0.4% of an adolescent's well-being. As the authors pointed out, that effect size put it in line with "eating potatoes" as a determinant of mental health. In other words, technology use probably does have real effects, but they're very small from a practical level. Another study used a longitudinal design and found that there was an association between social media use and depressive symptoms in adolescent girls (and not boys) but found that adolescent girls' depressive symptoms drove more frequent social media use and not the other way around (Heffer, Good, Daly, MacDonell, & Willoughby, 2019). This buttresses arguments that excessive or unhealthy mobile device use, and particularly social media, may be a symptom of teen's mental health problems, not necessarily a cause.

But the fact that kids may not actually be "addicted" to their devices doesn't mean mobile devices aren't causing issues. Parents don't need a new study or a diagnosis to feel that smartphones and tablets are taking time away from important areas like sleep, family time, academics, or mealtimes. The displacement of activities that are known to be good for kids' healthy development should be an active, robust research area.

One area that concerns researchers is the relationship between mobile device use and sleep. Poor sleep has been linked to a number of mental and physical health problems, as well as diminished academic and cognitive performance (George & Odgers, 2015; LeBourgeois et al., 2017). By some estimates, the effects of sleep on teens' well-being could be as much as 44 times greater than the effects of digital technology use (Orben & Przybylski, 2019). Another systematic review of 20 studies found strong evidence of a relationship between bedtime use of devices and poorer sleep quantity and quality (Carter, Rees, Hale, Bhattacharjee, & Paradkar, 2016). Mobile device use could affect sleep by encroaching on sleeping hours by stimulating teens so they find it difficult to fall or stay asleep or through the effects of bright lights (or certain kinds of blue light) disturbing sleep rhythms. It is in society's interest to ensure that teens are getting enough sleep and that their sleep is not being unnecessarily disturbed by their technology.

How parents and teens perceive mobile device use almost certainly colors the overall tenor of the environment, whether it's an environment containing lots of conflict, whether parents are acting in "do as I say, not as I do" modes, and whether alarm over mobile use is justified or overblown. We hope our snapshot of the 2019 American family, and the changes that have occurred over the last few years, deepens the conversation about how technology can drive family change and keeps us focused on the areas, and individual families, that would most benefit from additional support and guidance.





KEY FINDINGS

1

Parents and teens keep their mobile devices close by at night, including a third of teens who keep their mobile devices in bed with them.

At night, parents say they keep their device within reach of the bed (62%). While at a lower rate than parents, many children also say they have their device within reach of their bed (39%), but they are more than twice as likely as their parent to have it in the bed with them (29%). Girls tend to sleep with their mobile devices more than boys (33% of girls vs. 26% of boys).

2

Many teens and parents are having their sleep interrupted by notifications.

One in three teens (36%) wakes up and checks their mobile device for something other than the time at least once a night. One in four parents (26%) does this as well. While parents say they are waking up and checking because they received a notification (51%) and/or couldn't sleep (48%), children say they are waking up and checking because they received a notification (54%) and/or they want to check social media (51%).

3

Doctors and researchers say not to use screens in the hour before bed ... but parents and teens do.

A majority of parents (61%) check their mobile device within 30 minutes of falling asleep. Similarly, a majority of children (70%) check their mobile device within 30 minutes of falling asleep at night.

4

The number of parents who say they spend too much time on their mobile devices has increased by 23 points since 2016 (52% in 2019 vs. 29% in 2016).

In other words, more than half of parents feel they are spending too much time on their mobile devices. Parents today are much less likely to say they spend the right amount of time, down 26 points since 2016 (41% in 2019 vs. 67% in 2016).

5

But teens today are much more likely to say they spend the right amount of time on their devices than they were in 2016 (47% today compared to 29% in 2016).

They are much less likely to say they spend too much time on their devices today (39% today compared to 61% in 2016). Girls are more likely to say they spend too much time on their mobile devices (47% vs. 32% of boys).

6

More kids wish their parent would get off their device: There has been an 11-point increase in the number of children who think their parent spends too much time on their device (28% in 2016 vs. 39% today).

There is also a 22-point decrease in the number of children who think their parent spends the right amount of time (64% in 2016 vs. 42% today).

7

When it comes to feeling addicted, most kids aren't concerned, but their parents are worried.

Forty-five percent of parents feel personally addicted to their mobile device, an 18-point increase since 2016. For children, 39% feel addicted themselves, an 11-point decline since 2016.

8

More kids think their parents are addicted to their mobile devices.

Thirty-eight percent of teens feel their parent is addicted to their mobile device, a 10-point increase since 2016. The number of parents who think their child is addicted to their mobile device has remained consistent over time (61% today vs. 59% in 2016).

9

There are many households where everyone feels addicted to their devices.

A majority of children with a parent who feels addicted to their mobile device also feels addicted themselves, creating households where the entire family is more likely to feel addicted to their mobile devices. More than half (56%) of teens who have a parent who feels addicted to their device feels addicted themselves.

10

Lots of people are feeling distracted and think others are distracted as well.

Fifty-four percent of parents and 58% of children say they are distracted by their mobile device once a day or more. While over two-thirds of parents (69%) say their child is distracted by their device at least once a day, only 44% of children believe the same about their parent.

11

Conflicts over mobile device use are less common than they were three years ago.

Parents say they argue with their children over mobile device use less often today (54% say less than once a day and 21% say never) than they did in 2016 (when 43% said less than once a day and 21% said never). Parents who believe their child is addicted to their device are six times more likely than those who don't think their child is addicted to argue with their child once a day or more (34% vs. 5%).

12

Most parents and kids don't think mobile devices are hurting their relationships.

However, parents are more likely to say today that their child's use of a mobile device has hurt their relationship (28% vs. 15% in 2016). Majorities of both parents (55%) and children (72%) say that the use of mobile devices has had no impact on their relationships with each other, but almost one-third of parents think that their child's use of a mobile device has hurt their relationship with their child (28%). Only 9% of children think their relationship with their parent has been hurt. Parents of sons (32%) believe that the impact of mobile devices has hurt their relationships more than parents of daughters (25%). There has been little change in children's views over time.

13

Children see an impact on their relationship with their parent when they believe their parent is addicted to their mobile device.

Children who believe their parent is addicted to their device are 18 points more likely to believe that their parent's behavior has hurt their relationship (20% of children who think their parent is addicted vs. 2% who do not). Similarly, parents who believe their child is addicted to their device are 31 points more likely to believe that their child's behavior has hurt their relationship (40% of parents who think their child is addicted vs. 9% who do not).

Summary of major findings		Parents	Teens
Time spent on mobile device			
• Feel they spend too much time on mobile device	2019 2016	52% 29%	39% 61%
• Feel [other] spends too much time on their mobile device	2019 2016	68% 66%	39% 28%
• Try to cut down on time spent on mobile device “often” or “very often”	2019 2016	52% 52%	37% 37%
Mobile device addiction			
• Feel addicted to their mobile device	2019 2016	45% 27%	39% 50%
• Feel [other] is addicted to their mobile device	2019 2016	61% 59%	38% 28%
• Check mobile device for texts, emails, updates, etc., a few times an hour	2019 2016	42% 36%	43% 63%
• Feel the need to immediately respond to texts, social networking messages, or other notifications “very often” or “always”	2019	54%	58%
Conflict, distraction, and relationships			
• Feel distracted by mobile device at least once a day	2019	54%	58%
• Feel [other] is distracted by mobile device at least once a day	2019 2016	69% 51%	44% 19%
• Argue with [other] at least once a day about use of mobile device	2019 2016	23% 36%	20% 32%
• Say that [other]’s use of mobile device has mainly hurt their relationship	2019 2016	28% 15%	9% 10%
• Say they have family rules about use of mobile device	2019	68%	61%
Mobile devices and sleep			
• Use mobile device within five minutes of waking up	2019	23%	32%
• Sleep with mobile device in bed	2019	12%	29%
• Use mobile device within five minutes of going to sleep	2019	26%	40%
• Wake up to check mobile device at least once during the night	2019	26%	36%



METHODOLOGY

LAKE RESEARCH PARTNERS DESIGNED and administered this mixed-mode survey using professional telephone interviewers February 2 to February 27, 2019, and an online platform February 19 to March 1, 2019. The survey reached a total of 1,000 parents and their children nationwide (paired interviews of 500 parents and 500 children between the ages of 12 and 18). Of the 1,000 completes, 43% ($n = 428$) were conducted by phone and 57% ($n = 572$) were conducted online. The telephone and online data were combined and weighted overall to be representative of the actual population of parents and children.

Telephone numbers were drawn from a listed sample, and the online sample was drawn from online panels. All respondents were screened to be parents of children between the ages of 12 and 18 living at home with them and who use a mobile device. Before proceeding with the survey, the parent's permission was given before their child was asked any questions. For purposes of this survey, mobile devices were defined as "technology you can take with you, like smartphones, cell phones, and tablets, like iPads or Kindle Fires." The data for the parent sample was weighted slightly by region, age, race, educational attainment, and gender to reflect the actual population of parents with children age 12 to 18; the data for the child sample was weighted slightly by gender, age, and grade level to reflect the actual population of children age 12 to 18.

For purposes of analysis, parents with some college or less are grouped as "No college degree" and college graduates or post-graduates are grouped as "College degree." We use the terms "teens" and "children" interchangeably throughout the report. Most of the children surveyed were teenagers, but a small number of 12-year-olds were included as well. Participants were also asked if they felt "addicted" to their devices; however, a definition of "addiction" was not provided. "Addiction" should be interpreted as an individual's perception of how they feel about their mobile device use and not a clinical diagnosis.

The margin of error for each sample is +/-4.4%.

The survey methodology changed between 2016 and 2019 from an all-phone sample to half phone/half online this year to reflect the recommended methodology of collecting data today. This change could account for some of the differences over time in responses.

Demographics of survey sample (N = 1,000)		
Parents ($n = 500$)		
Gender	Fathers	44%
	Mothers	56%
Age	Under 30	0%
	30-39	23%
	40-49	47%
	50-64	28%
	65+	1%
Race	White/Caucasian	64%
	Black/African American	12%
	Hispanic/Latino	17%
	Asian/Pacific Islander	3%
	Native American	1%
Education	High school or less	15%
	Post high school/Some college	33%
	College graduate	32%
	Postgraduate	18%
Region	Northeast	18%
	Midwest	21%
	South	38%
	West	23%
Household income	Under \$50K	30%
	\$50K and above	67%
Children ($n = 500$)		
Gender	Sons	47%
	Daughters	51%
Age	12-14	53%
	15-16	31%
	17-18	16%



TIME SPENT ON MOBILE DEVICES

Parents

Amount of Time

- When asked if they spent too much, too little, or the right amount of time on their mobile devices, 52% of parents thought they spent too much time on their devices, with 41% saying they used them the right amount and 6% saying they used them too little (see Table 1).
- Mothers were more likely than fathers to feel they spent too much time on their devices (59% vs. 43%). Younger parents, under the age of 50, were also more likely to feel this way.
- The percentage of parents who felt they spent too much time on their devices increased from a third of parents (29%) in 2016 to 52% in 2019 (see Figure 1).
- Parents who felt addicted to their devices were more likely to say they spent too much time on their mobile devices (76% of parents who said they felt addicted, as compared to 29% of parents who did not feel addicted).

FIGURE 1. Parents and Teens Who Think They Spend “Too Much” Time on Their Devices, 2016 vs. 2019

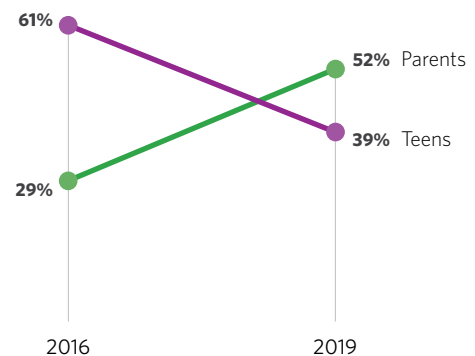


TABLE 1. Parents’ Amount of Time Spent on Devices, by Demographic

Percentage of parents who think they spend ... time on their devices		Too much	Too little	Right amount
Total		52%	6%	41%
Gender	Fathers	43%	8%	48%
	Mothers	59%	5%	34%
Age	Under 50	57%	5%	37%
	Over 50	39%	9%	50%
Education	No college degree	54%	9%	37%
	College degree	51%	4%	43%
Household income	Under \$50K	54%	6%	37%
	\$50K and above	52%	7%	41%
Addiction	Feel addicted to mobile device	76%	2%	22%
	Don’t feel addicted to mobile device	29%	10%	58%

Cutting Back

- When asked how often they tried to cut back on the amount of time spent on mobile devices, parents were split: Fifty-two percent of parents said they tried to cut back at least occasionally, including 12% who tried to do so “very often,” while 22% rarely did so and 26% never tried.
- Mothers were more likely than fathers to try to cut back on the time spent on mobile devices, with 55% of mothers saying they did so “very often” or “occasionally,” compared to 47% of fathers.
- Younger parents were also more likely to try to cut back, with 64% saying they tried to do so at least occasionally, compared to 53% of 40- to 49-year-olds and 43% of 50- to 64-year-olds.
- Lastly, Hispanic/Latino parents were slightly more likely to report trying to cut back (58% vs. 51% of white parents and 50% of African American parents).
- The intensity of wanting to cut back has dropped since 2016, when 23% of parents said they tried to cut back “very often.” In 2019, only 12% of parents said they were trying to cut back “very often.”

Parents Talking About Their Teens

- Parents were very concerned about their children’s mobile device usage, with 68% saying that their teen used their mobile device too much. Only 3% said their teen used it too little, and 28% said they used it the right amount (Table 2).
- Parents of daughters were slightly more likely to believe their child used their mobile device too much, with 71% having that concern, compared to 66% of parents of boys. In addition, older parents between the ages of 50 and 64 believed their teen was on their device too much (74%), as compared to 65% of 30- to 39-year-olds and 67% of 40- to 49-year-olds.
- There has been little change over the last three years: Sixty-six percent of parents felt their teen used their mobile device too much in 2016, compared to 68% in 2019.

TABLE 2. Parents’ Perception About Their Teens’ Mobile Device Use, by Demographic

Percentage of parents who feel their teen spends ... time on their mobile device	Too much	Too little	Right amount
Total	68%	3%	28%
Fathers	69%	3%	28%
Mothers	67%	2%	2%
Parent of son	66%	2%	31%
Parent of daughter	71%	3%	26%
Age 30–39	65%	3%	30%
Age 40–49	67%	2%	31%
Age 50–64	74%	3%	21%

Teens

Amount of Time

- When asked if they spend too much, too little, or the right amount of time on their mobile devices, 39% of teens thought they spent too much time on their devices, with 47% saying they used them the right amount and 11% saying they used them too little (Table 3).
- Girls were more likely than boys to feel that they spent too much time on their devices (47% vs. 32%). Older teens, age 17 to 18, were also more likely to feel this way (54% of 17- to 18-year-olds vs. 41% of 15- to 16-year-olds and 34% of 12- to 14-year-olds).
- The percentage of teens who felt they spent too much time on their devices dropped 12 points from 61% in 2016 to 39% in 2019 (Figure 1, page 15).
- Teens who felt addicted to their devices were more likely to say they spent too much time on their mobile devices (72% of parents who said they felt addicted, compared to 19% of parents who did not feel addicted).

Cutting Back

- When asked how often they tried to cut back on the amount of time spent on mobile devices, just over one-third (37%) of children said they tried to cut back at least occasionally, including 7% who tried to do so “very often.” More than half of teens (61%) said they “rarely” or “never” tried to cut back, including 33% who have “never” tried (Table 4).
- Children whose parents had incomes of less than \$50K were less likely to try to cut back (69% vs. 58% of children whose parents earned more than \$50K).

TABLE 4. Parents and Teens Who Try to Cut Back on the Amount of Time Spent on Mobile Devices

	Very often/ Occasionally	Rarely/ Never	Don't know
Parents	52%	48%	*
Teens	37%	61%	2%

*Indicates a percentage less than 0.5 but greater than 0.

TABLE 3. Teens' Amount of Time Spent on Devices, by Demographic

Percentage of teens who think they spend ... time on their devices		Too much	Too little	Right amount
Total		39%	11%	47%
Gender	Boys	32%	14%	52%
	Girls	47%	8%	44%
Age	12-14	34%	12%	51%
	15-16	41%	8%	47%
	17-18	54%	11%	34%
Household income	Under \$50K	36%	8%	51%
	\$50K and above	40%	13%	47%
Addiction	Feel addicted to mobile device	72%	6%	21%
	Don't feel addicted to mobile device	19%	15%	65%

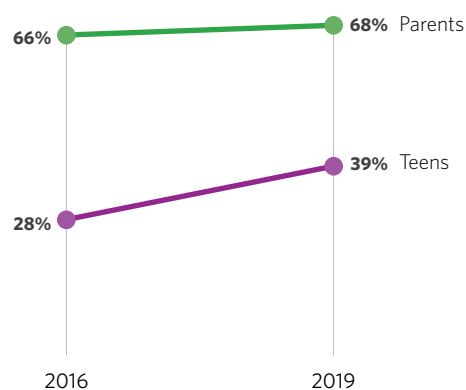
Teens Talking About Their Parents

- Teens were split between saying their parents spent too much time and the right amount of time on their mobile devices. While 39% of teens felt their parent spent too much time on their mobile device, 42% felt their parent was on it the right amount, while only 12% thought their parent used it too little (see Table 5).
- Boys were more likely than girls (44% vs. 34%) to say that their parent spent too much time on their mobile device. Results did not differ if they were responding about a mother versus a father (both at 39%).
- There has been an 11-point increase in the percentage of teens who felt that their parent spent too much time on their mobile device, from 28% in 2016 to 39% in 2019 (Figure 2).

TABLE 5. Teens' Perception About Their Parents' Mobile Device Use, by Gender

Percentage of teens who feel their parent spends ... time on their mobile device	Too much	Too little	Right amount
Total	39%	12%	42%
Boys	44%	10%	39%
Girls	34%	15%	45%

FIGURE 2. Parents and Teens Who Believe the Other Spends "Too Much" Time on their Mobile Device, 2016 vs. 2019



MOBILE DEVICE ADDICTION

Parents

- Though a majority of parents did not feel addicted to their mobile device, there has been a double-digit increase since 2016. Almost half (45%) of parents reported feeling addicted to their mobile device, a jump from 27% in 2016 (see Figure 3).
- Younger parents age 30 to 39 were more likely to feel addicted to their mobile device, with 59% reporting feeling this way, compared to 48% of 40- to 49-year-olds and 32% of 50- to 64-year-olds (see Table 6).
- While almost all parents checked their mobile devices several times a day, four in 10 (42%) checked a few times an hour, a slight increase from 2016, when about a third (36%) of parents checked several times an hour (see Figure 4, page 20).
- Parents who said they feel addicted to their mobile devices were much more likely to check their mobile devices a few times an hour (60% vs. 26% of parents who did not feel addicted).
- A majority of parents (54%) felt the need to “always” or “very often” immediately respond to texts, social networking messages, or other notifications.

Parents Talking About Their Teens

- Similar to parents in 2016, parents today viewed their children as more addicted than children viewed themselves. In 2019, 61% of parents felt their child was addicted to their mobile device, compared to 59% in 2016.

FIGURE 3. Parents and Teens Who Feel Addicted to Their Mobile Device/Who Feel the Other Is Addicted, 2016 vs. 2019

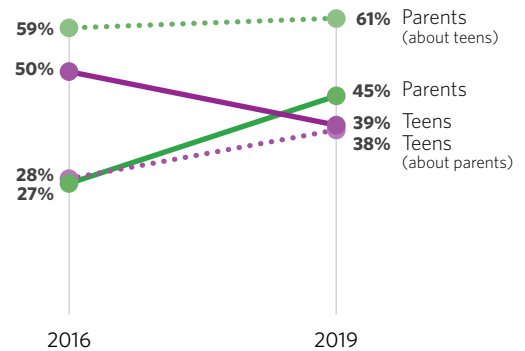


TABLE 6. Parents Who Feel “Addicted” to Their Mobile Device, by Demographic

	Yes	No
Total	45%	51%
Fathers	42%	56%
Mothers	48%	47%
Age 30-39	59%	35%
Age 40-49	48%	50%
Age 50-64	32%	64%
No college degree	46%	48%
College degree	44%	54%
Under \$50K household income	49%	46%
\$50K and above household income	44%	52%
Has child who feels addicted to mobile device	65%	33%
Has child who does not feel addicted to mobile device	31%	65%

Teens

- Substantially fewer children felt addicted to their mobile devices today than in 2016. Just 39% of teens felt addicted today (see Table 7), compared to 50% in 2016.
- Girls were more likely to feel addicted to their mobile devices than boys (42% vs. 36%).
- Older teens were more likely to say they felt addicted (47% of 15- to 16-year-olds and 46% of 17- to 18-year-olds, compared to 31% of 12- to 14-year-olds).
- A majority of children with parents who felt addicted to their mobile device also felt addicted themselves, creating households where the entire family was more likely to feel addicted to their mobile devices. More than half (56%) of teens who had a parent who felt addicted to their device felt addicted themselves. By contrast, 25% of teens who had a parent who did not feel addicted felt addicted themselves.
- While parents and children checked their mobile devices at similar levels during the day, children were checking their mobile devices less intensely than in 2016. Four in 10 teens (43%) checked their mobile device several times an hour (compared to 42% of parents) (see Figures 4 and 5).

TABLE 7. Teens Who Feel “Addicted” to Their Mobile Device, by Demographic

	Yes	No
Total	39%	55%
Boys	36%	59%
Girls	42%	52%
Age 12-14	31%	62%
Age 15-16	47%	47%
Age 17-18	46%	51%
Under \$50K household income	37%	54%
\$50K and above household income	39%	56%
Has parent who feels addicted to mobile device	56%	38%
Has parent who does not feel addicted to mobile device	25%	71%

FIGURE 4. How Often Parents Check Their Mobile Devices During a Regular Weekday

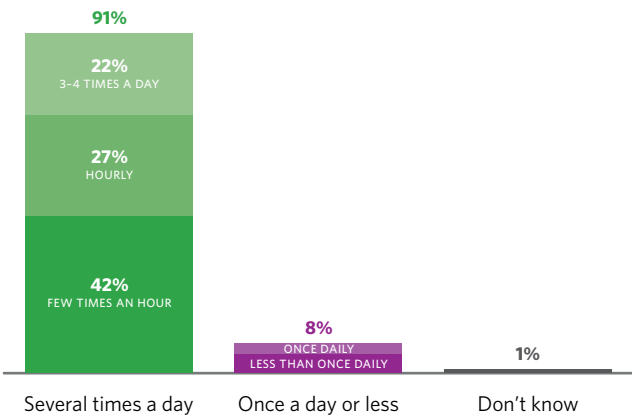
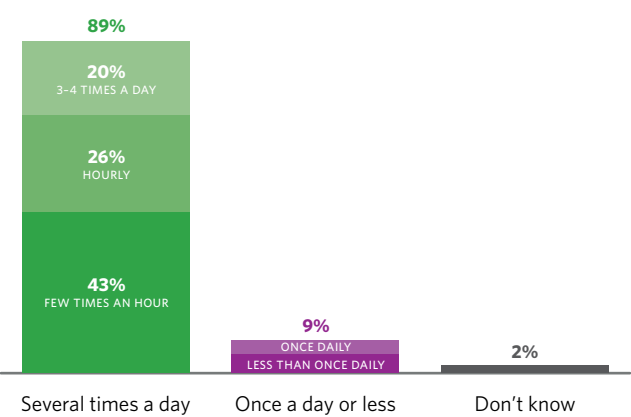


FIGURE 5. How Often Teens Check Their Mobile Devices During a Regular Weekday



- However, there has been a 20 percentage point drop in teens checking their devices multiple times an hour, from 63% in 2016 to 43% today (see Figure 6).
- A majority of teens (58%) felt the need to “always” or “very often” immediately respond to texts, social networking messages, or other notifications. However, teens may feel a bit more pressure to always respond immediately: Nearly one-third of teens (29%) felt that they “always” needed to respond immediately to texts, social networking messages, and other notifications compared to 16% of parents.

Teens Talking About Their Parents

- Children saw their parents as less addicted to their mobile devices than parents saw themselves, but they were more likely to think their parents were addicted now than in 2016. In 2019, 38% of teens said they thought their parent was addicted to their mobile device (45% of parents themselves said they felt addicted). In 2016, only 28% thought their parents were addicted.
- Mirroring parents’ own perceptions, children of younger parents were more likely to see their parent as “addicted” (48% of children of parents age 30 to 39, compared to 39% of children of parents age 40 to 49 and 29% of children of parents age 50 to 64).

FIGURE 6. Teens Who Check Their Mobile Devices a Few Times an Hour, 2016 vs. 2019

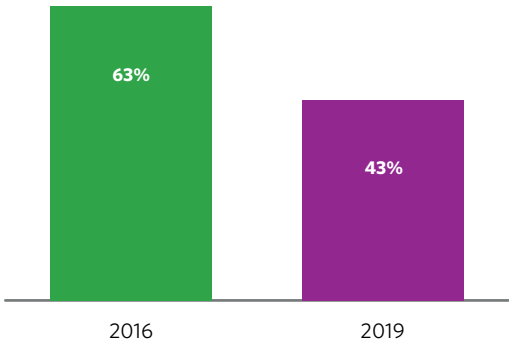


TABLE 8. Teens Who Feel Their Parent Is “Addicted” to Their Mobile Device, by Demographic

	Yes	No
Total	38%	55%
Boys	41%	53%
Girls	35%	59%
Child of parent age 30–39	48%	45%
Child of parent age 40–49	39%	55%
Child of parent age 50–64	29%	63%
Under \$50K household income	43%	47%
\$50K and above household income	37%	58%



CONFLICT, DISTRACTION, AND RELATIONSHIPS

Parents

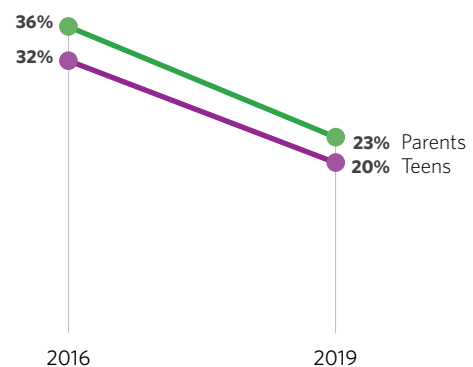
- A majority of parents (54%) felt distracted by their mobile devices at least once a day, including 39% who felt distracted multiple times a day (see Table 9). Only 14% of parents said they never felt distracted.
- Mothers felt more distracted multiple times a day (42% vs. 35% of fathers), as did younger parents (50% of 30- to 39-year-olds vs. 36% of 40- to 49-year-olds and 36% of 50- to 64-year-olds).
- Parents had arguments with their teen about their teen's mobile device use less frequently than they did in 2016 (see Figure 7). Just 23% of parents argued with their child about their mobile device use once a day or more, compared to 36% in 2016. One in five (21%) said they "never" argued about mobile device use. Parents who believed their child was addicted to their device were six times more likely than those who didn't think their child was addicted to argue with their child once a day or more (34% vs. 5%).
- Two-thirds of families had rules regarding mobile devices, though children were less likely to be aware of those rules, especially older children. Sixty-eight percent of parents said they had family rules, but only 61% of teens said they did.

TABLE 9. Parents Who Feel Distracted by Their Mobile Device, by Frequency

	Multiple times a day	Once a day or more	Less than once a day
Total	39%	54%	32%
Fathers	35%	50%	34%
Mothers	42%	57%	30%
Age 30-39	50%	62%	27%
Age 40-49	36%	53%	33%
Age 50-64	36%	50%	35%
White	35%	52%	35%
Black*	51%	59%	16%
Hispanic/Latino	49%	62%	33%
No college degree	41%	52%	32%
College degree	38%	55%	32%
Under \$50K	39%	53%	29%
\$50K and above	39%	54%	34%

*Small cell size ($n < 50$)

FIGURE 7. Parents and Teens Who Say They Argue at Least Once a Day with the Other About Mobile Devices, 2016 vs. 2019



Parents Talking About Their Teens

- More than two-thirds (69%) of parents felt that their teen was distracted by their mobile device at least once a day, including 57% who thought they were distracted multiple times a day. This is an increase from 2016, when 51% of parents believed their child to be distracted at least once a day (see Figure 8).
- Though a majority of parents (55%) thought their child’s use of a mobile device had had no impact on their relationship, the number of parents who believed it had hurt their relationship nearly doubled since 2016. In 2016, just 15% of parents felt that their teen’s mobile device use had hurt their relationship; in 2019, 28% of parents felt it had. Parents of sons were more likely to believe their teen’s device use had hurt their relationship (32% of parents of sons vs. 25% of parents of daughters).
- However, parents who believed their child was addicted to their device were 31 points more likely to believe that their child’s behavior had hurt their relationship (40% of parents who thought their child was addicted vs. 9% who did not) (see Table 10).

FIGURE 8. Parents and Teens Who Feel the Other Is Distracted at Least Once a Day by Their Mobile Device, 2016 vs. 2019

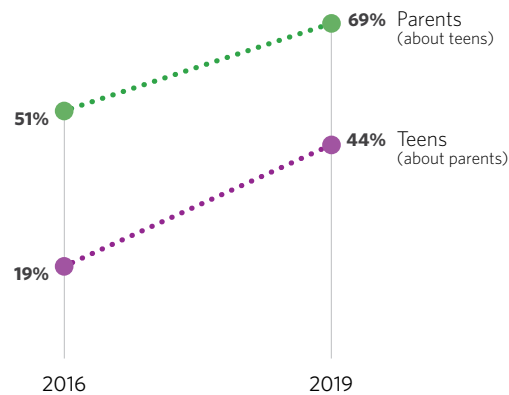


TABLE 10. Parents and Teens Who Believe the Other’s Mobile Device Use Has Helped or Hurt Their Relationship

	Mostly helped	Mostly hurt	Made no difference
Parents’ Total	13%	28%	55%
Thinks child is addicted to mobile device	11%	40%	44%
Doesn’t think child is addicted to mobile device	15%	9%	75%
Teens’ Total	15%	9%	72%
Thinks parent is addicted to mobile device	13%	20%	59%
Doesn’t think parent is addicted to mobile device	17%	2%	81%

Teens

- Teens said they were distracted by their mobile devices at least once a day at a similar rate to their parents (58%), including 42% who felt distracted multiple times a day (see Table 11). Girls were more likely to say they felt distracted multiple times a day (45%) compared to boys (39%). Older teens were also more likely to feel distracted multiple times a day (46% of 15- to 16-year-olds and 45% of 17- to 18-year-olds compared to 38% of 12- to 14-year-olds).
- Children seemed not to view arguments in the same way as their parents, with over a third of children (36%) saying they never argued with their parent about the use of their mobile device. However, a similar number of teens and parents said they argued about their mobile device use once a day or more (20% of teens vs. 23% of parents).

Teens Talking About Their Parents

- Under half (44%) of teens felt that their parent was distracted by their mobile device at least once a day, including 29% who thought they were distracted multiple times a day. This is a major increase from 2016, when 19% of teens believed their parent to be distracted at least once a day.
- Over seven in 10 children (72%) did not think their relationship had been affected by their parent's use of a mobile device. This is largely unchanged since 2016, when 71% of teens felt this way. Only 9% of teens believed that their parent's device use was hurting their relationship. Parents of sons were more likely to believe their teen's device use had hurt their relationship (32% of parents of sons vs. 25% of parents of daughters).
- However, children who believed their parent was addicted to their device were 18 points more likely to believe that their parent's behavior had hurt their relationship (20% of children who thought their parent was addicted vs. 2% who did not).

TABLE 11. Teens Who Feel Distracted by Their Mobile Device, by Frequency

	Multiple times a day	Once a day or more	Less than once a day
Total	42%	58%	26%
Boys	39%	53%	31%
Girls	45%	64%	23%
Age 12-14	38%	55%	32%
Age 15-16	46%	60%	20%
Age 17-18	45%	65%	21%
White	43%	62%	25%
Black*	44%	49%	21%
Hispanic/Latino	38%	54%	33%
Under \$50K	37%	50%	25%
\$50K and above	43%	61%	28%

*Small cell size ($n < 50$)



MOBILE DEVICES AND SLEEP

Parents

- Two-thirds of parents (62%) used their mobile device within 30 minutes of waking up (not including using it as an alarm), including 23% who used it within five minutes of waking up. Over a third (36%) checked it after 30 minutes or more (see Table 12).
- Nearly three quarters (74%) of parents had their mobile device within their grasp (in their bed or within reach) when they went to sleep. Just 12% had their mobile device in bed with them (see Figure 9).
- Similar to their habit upon waking up, two-thirds (61%) of parents used their mobile device within 30 minutes of going to sleep. When asked what they mostly used their device for before bed, 62% said it was for personal use only, 2% said it was for work only, and 35% said it was for both personal and work use.
- Additionally, a majority of parents did not believe that using their mobile device before bed affected when they went to sleep, with 58% saying they would go to sleep at the same time even if their mobile device were not in their bedroom. However, 24% said they would go to bed earlier.
- One quarter of parents (26%) woke up to check their mobile device after going to sleep at least once a night (see Figure 10).
- When asked why they unlocked or checked their mobile device during the night, a majority of parents (51%) said they woke up to a notification (through a sound or vibration)

FIGURE 9. Where Parents and Teens Keep Their Mobile Devices at Night

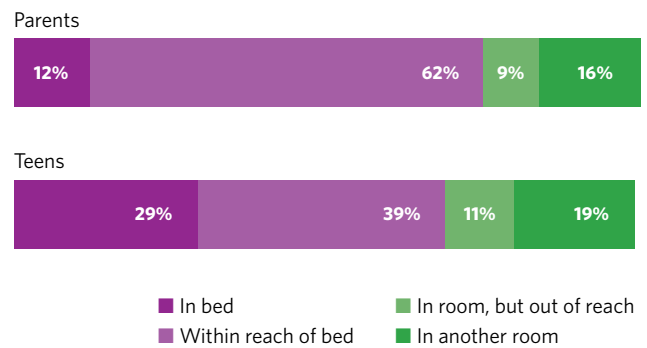
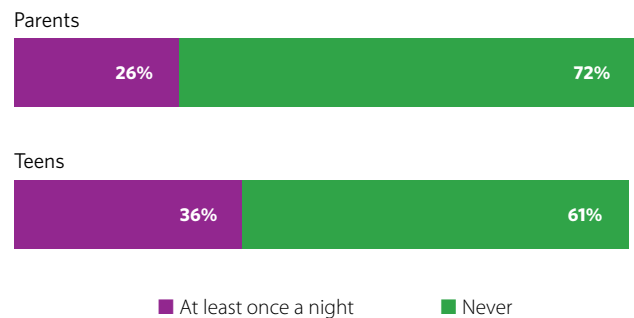


FIGURE 10. Parents and Teens Who Wake Up to Check Their Mobile Device After Falling Asleep



Note: Segments may not total 100% due to rounding.

TABLE 12. Parents and Teens Who Use a Mobile Device After Waking Up and Before Bedtime

	After Waking Up*			Before Bedtime		
	Within 5 mins.	Within 30 mins.	Over 30 mins.	Within 5 mins.	Within 30 mins.	Over 30 mins.
Parents	23%	62%	36%	26%	61%	35%
Teens	32%	64%	28%	40%	70%	26%

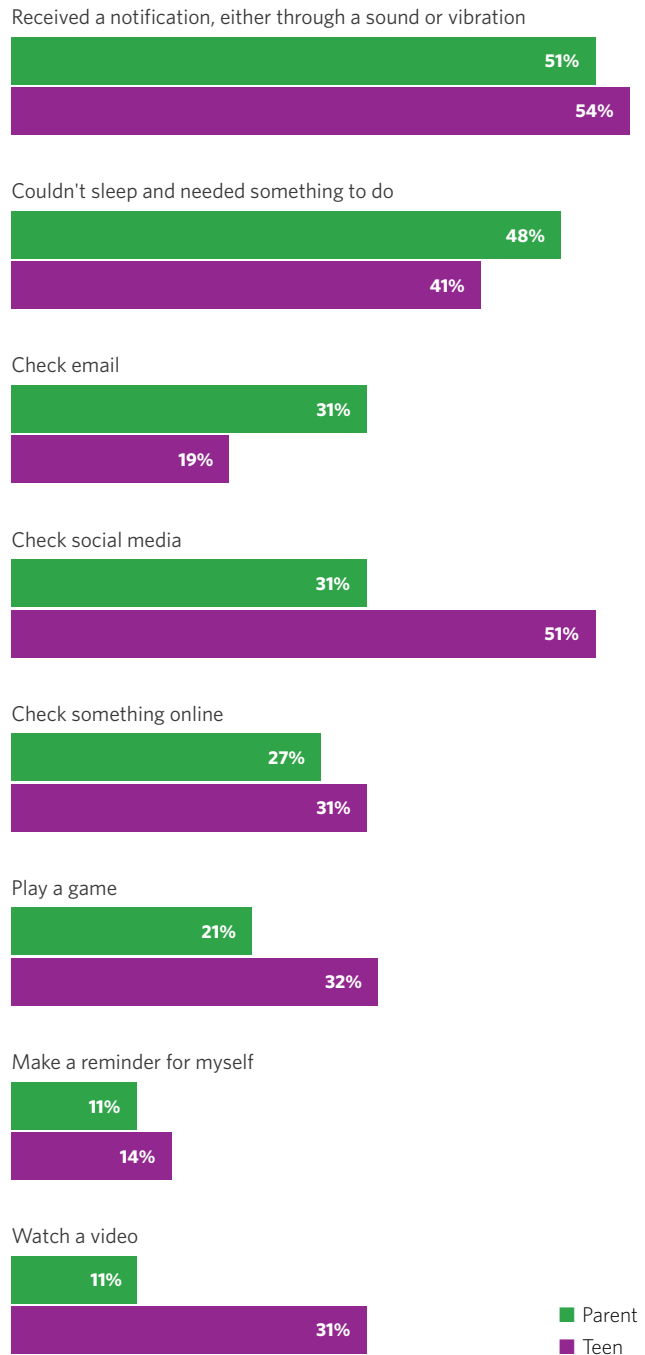
*Not including use as an alarm

(see Figure 11). A plurality (48%) used their mobile device because they couldn't sleep and needed something to do, especially mothers (55% of mothers compared to 41% of fathers). Roughly a third of parents woke up to check email, social media, or something else online. Fathers were more likely to wake up to check their email (36% of fathers compared to 27% of mothers).

Teens

- Two-thirds of teens (64%) used their mobile device within 30 minutes of waking up (not including using it as an alarm), including 32% who used it within five minutes of waking up (see Table 12, pg. 27).
- Nearly seven in 10 children (68%, slightly fewer than their parents) kept their mobile device either in bed or within reach, though children were much more likely than their parents to sleep with their mobile device (29%) (see Figure 9, pg. 27). Girls, teens 17 to 18 years old, and children whose parents had a household income under \$50K were more likely to sleep with their mobile device in their bed.
- Seven in ten teens (70%) used their mobile device within 30 minutes of going to sleep (see Table 12, pg. 27). Compared to their parents, children were 14 points more likely to use their mobile device within five minutes of going to sleep (40% of teens vs. 26% of parents). When asked what it was mostly used for before bed, 45% said it was for personal use only, 2% said it was for schoolwork only, and 51% said it was for both personal and schoolwork use. In other words, more than half of teens said they were using devices in the hour before bed to accomplish school-related tasks.
- Teens split as to whether they would go to bed at the same time or earlier if they did not keep their mobile device in their bedroom, with 39% saying they would go to sleep at the same time even if their mobile device were not in their bedroom and 38% saying they would go to bed earlier.
- Over a third of children (36%) woke up during the night to check their mobile device (see Figure 10, pg. 27), including nearly half of children (48%) who also said they felt addicted to their mobile device.
- When asked why they unlocked or checked their mobile device during the night, a majority of teens said they woke up to a notification (54%) or to check social media (51%) (see Figure 11). More girls than boys woke up to notifications (61% of girls vs. 47% of boys) and to check social media (58% of girls vs. 46% of boys).

FIGURE 11. Primary Reasons for Checking Mobile Device, of Parents and Teens Who Wake Up to Check Them



CONCLUSION

MUCH HAS CHANGED SINCE we conducted our first survey in 2016. On the parent side, there is a real constituency of parents, which has grown significantly since 2016, who worry that they spend too much time on their mobile devices. And though a majority of parents do not think they are “addicted” to their mobile device, there has been a double-digit increase since 2016 in those who do. However, as parents have gotten more concerned, children have moved in the opposite direction: They are less likely to say they spend too much time on their device, and fewer feel “addicted” than a few years ago. Why might these trends be moving in opposite directions?

This could be the result of mobile device “normalization” among children today, many of whom have been surrounded by technology since birth. Two-thirds of parents today (61%), who did not grow up with mobile devices from an early age and so may not be “normalized” to them, believe their children are “addicted” to mobile devices, though they believe so at similar rates as parents in 2016. It could also be that the swirl of negative press and concern about how mobile devices, and particularly smartphones, are affecting our day-to-day lives is resonating with parents (Kardaras, 2016; Twenge, 2017). At the same time, kids may not be seeing the negative effects or do not have a comparison to a time without mobile devices, so they’re reacting in ways that are counter to how they’re “supposed” to feel.

But it is nevertheless striking to see the changes in how mobile devices are perceived to affect relationships. More parents than in 2016 feel that their teens are distracted by their devices daily, and the feeling is mutual for teens. Yet they argue less about mobile devices than they did three years ago. Is this a reflection that people have resigned themselves to being distracted? Perhaps we are observing the emergence of tech apathy within the home or a realization that mobile devices have changed the nature of our daily lives so it’s not worth fighting about. It is interesting to note that perceptions of whether a parent or teen is “addicted” colors how each feels about whether device use has hurt their relationship. Children clearly see a negative impact on the quality of their relationship when they believe their parent is

“addicted,” and parents feel the same. These families are the ones that may need extra support, guidance, and discussion to help navigate balanced use of technology.

When it comes to sleep, it is alarming to see so many teens sleeping with mobile devices in their beds and acknowledging that they are woken up during the night by their devices. Good sleep hygiene would dictate that the mobile device stay out of the room if possible or, at a minimum, be put on silent, do not disturb, or a similar mode. If teens (and parents) are suffering ill effects of mobile device use, sleep disruption may be one of the main reasons why. It is interesting to note the number of parents and teens who say they are using their mobile devices for work or school purposes right before bed. Though many doctors recommend not using screens in the hour before bed, it may be difficult to follow this guidance if there are perceived obligations that supercede getting a good night’s sleep. Pointing to mobile devices as problematic may be sidestepping an underlying challenge: that teens need their mobile devices to complete schoolwork and parents are feeling obliged to do late-night work.

Whether people are actually “addicted” to their mobile devices does matter. There are undoubtedly some children and adults out there who use their devices in ways that are severely unhealthy and that may or may not be related to other health problems. Identifying and providing support to these families is crucial, even as the research community debates whether and how to label “technology addiction.”

It also matters that the stakeholders in children’s lives not pathologize behaviors that are developmentally normal and not dangerous as some believe. There’s a difference between behaviors that parents don’t like and behaviors that are harmful. Putting time, effort, and resources into solving a problem that may not exist comes at the expense of tackling other issues that are known to be very important for children’s healthy development: for example, nutrition, physical activity, school quality—and sleep.

There are several limitations to the study that should be noted. The survey is based on parents' and teens' own reflections and perceptions about family mobile device use. Self-reporting should not be the only way we assess the effects of mobile devices on families; rather, it should be one of several ways to give voice to how parents and teens are experiencing the digital age. Additionally, there was a change in methodology since the last survey: Half the participants took the survey online and half took it by phone; in 2016, the survey was conducted entirely by phone. However, the rates of response for phone surveys have been in decline for years, and thus many survey organizations are turning to online samples. This change in how people take the survey may be affecting the differences between 2016 and 2019. Future follow-ups will help disentangle whether and how much the trends we're observing are real or are primarily artifacts of how the questions are asked. Lastly, this report doesn't include the actual activities that families are engaging in on their devices, and content likely plays an important role in mobile devices' impact as well.

As we await future research, we should acknowledge that there aren't easy answers for families that are wrestling with how to best integrate mobile devices into their lives. Many parents and teens are still trying to find the "right amount" of use and not let it distract them or cause arguments. It will almost certainly be difficult to change our sleep habits when we find ourselves reaching for our mobile devices to answer a work email or check with a friend about an assignment. Finding a balanced approach to mobile device use takes effort, thought, and practice. It is our hope that families come closer to achieving that balance, even as tech becomes ever more intertwined in our lives.

APPENDIX A: NOTABLE DIFFERENCES

Table A1. Notable Difference Between Teen Girls and Boys	Girls	Boys
Think they spend too much time on their device	47%	32%
Think their parent spends too much time on their device	34%	44%
Check mobile device within first five minutes of waking up	37%	28%
Sleep with mobile device in bed	33%	26%
Check mobile device after falling asleep because of notification	61%	47%
Check mobile device after falling asleep to check social media	58%	41%

Table A2. Notable Differences Between Moms and Dads	Moms	Dads
Think they spend too much time on their device	59%	43%
Very often or occasionally try to cut down the amount of time they spend on their device	55%	47%
Feel “addicted”	48%	56%
Distracted by mobile device once a day or more	57%	50%
Check mobile device within first five minutes of waking up	27%	16%
Check device within five minutes of going to sleep	31%	21%
Check mobile device after falling asleep because can’t sleep and need something to do	55%	41%
Check mobile device after falling asleep to check email	27%	36%

Table A3. Notable Difference Between Parents of Daughters and Parents of Sons	Daughters	Sons
Believe mobile devices have hurt their relationship	25%	32%
Argue with their teen multiple times a day about mobile device use	8%	16%

APPENDIX B: TOPLINES

Methodology: Lake Research Partners designed and administered this mixed-mode survey using professional telephone interviewers February 2 to February 27, 2019, and an online platform February 19 to March 1, 2019. The survey reached a total of 1,000 parents and their children nationwide (paired interviews of 500 parents and 500 children between the ages of 12 and 18). Of the 1,000 completes, 43% (n = 428) were conducted by phone and 57% (n = 572) were conducted online. The telephone and online data were combined and weighted overall to be representative of the actual population of parents and children. The margin of error for each sample is +/-4.4%.

N = 1,000 nationwide survey of parents and their children age 12-18 (500 interviews among each).

Part 1. Parent Questions

We will be asking some questions around mobile devices and we would like to interview both you and your child between the ages of 12 and 18 who uses a mobile device.

	Parent n=500	Father n=220	Mother n=280
New England	5	6	4
Middle Atlantic	13	12	14
East North Central	14	13	15
West North Central	7	8	6
South Atlantic	20	21	19
East South Central	6	4	8
West South Central	12	13	11
Mountain	7	5	8
Pacific	16	18	15
Northeast	18	18	18
Midwest	21	21	21
South	38	38	38
West	23	23	23

Q1. [DO NOT READ. RECORD GENDER.]

	Parent	Father	Mother
Male	44	100	0
Female	56	0	100
Other	0	0	0

Q2. Do you have a child between the ages of 12 and 18 living at least part-time at home with you?

	Parent n=500	Father n=220	Mother n=280
Yes	100	100	100
No	{TERMINATE}		
Don't know/Refused	{TERMINATE}		

Q3. What is the age of your youngest child between the ages of 12 and 18?

	Parent	Father	Mother
12	20	19	20
13	20	21	20
14	16	13	18
15	16	18	14
16	14	12	16
17	9	10	9
18	5	6	4
Don't know/Refused	{TERMINATE}		

For this survey we will be talking about mobile devices which are technology you can take with you—like smartphones, cell phones, and tablets like iPads or Kindle Fires.

Q4. Do you and your child/children ages 12–18 use a mobile device?

	Parent	Father	Mother
Yes	100	100	100
No	{TERMINATE}		
Don't know	{TERMINATE}		

The following questions are for you, the parent, to answer.

Q5. {T, SPLIT SAMPLE A} Thinking about a regular weekday, would you say you spend too much time on your mobile devices, too little time, or just about the right amount of time on your mobile devices?

	Parent	Father	Mother
Too much time	52	43	59
Too little time	6	8	5
Right amount of time	41	48	34
Don't use a mobile device	1	0	1
Don't know	0	0	1

Q6. {T} During a regular weekday, how often do you find yourself checking your mobile devices for texts, emails, updates, etc. — a few times every hour, hourly, 3–4 times a day, once a day, or less than once a day?

	Parent n=500	Father n=220	Mother n=280
A few times every hour	42	39	45
Hourly	27	27	28
3–4 times a day	22	23	21
Once a day	3	6	1
Less than once a day	5	4	5
Don't know	1	1	0

Q7. How much time passes before you use a mobile device on a regular weekday morning (not including using it as an alarm) — within 5 minutes of waking up, within 6–30 minutes, within 31–60 minutes, or more than 60 minutes?

	Parent	Father	Mother
Within 5 minutes	23	16	27
6–30 minutes	39	45	35
31–60 minutes	21	21	21
More than 60 minutes	16	17	14
Do not use on a regular weekday morning	1	1	2
Don't know	0	0	1

Q8. {T} Do you feel addicted to your mobile device?

	Parent	Father	Mother
Yes	45	42	48
No	51	56	47
Don't know	4	2	5

Q9. Where do you typically keep your mobile devices at night — in bed with you, within reach of your bed, in your bedroom, but out of reach, or in another room?

	Parent	Father	Mother
In bed	12	6	16
Within reach of bed	62	66	60
In room, but out of reach	9	9	9
In another room	16	19	14
Don't know	1	0	1

Q10. And again, thinking about a regular weekday, how soon before going to sleep do you typically use a mobile device—within 5 minutes of going to sleep, within 6–30 minutes, within 31–60 minutes, or more than 60 minutes before going to sleep?

	Parent n=500	Father n=220	Mother n=280
Within 5 minutes	26	21	31
6–30 minutes	35	41	31
31–60 minutes	21	18	23
More than 60 minutes	15	18	12
Do not use on a regular weekday before going to sleep	3	2	3
Don't know	1	0	1

Q11. {If Q10=1–3} Are you mainly using your mobile devices before going to sleep for personal use, for work, or both?

	Parent n=410	Father n=175	Mother n=235
For personal use	62	52	70
For work	2	1	2
For both	35	46	27
Other	1	0	1
Don't know	0	0	0

Q12. {If Q10=1–3} If you didn't have a mobile device in your bedroom at bedtime, would you—go to sleep earlier, go to sleep at the same time, or go to sleep later?

	Parent	Father	Mother
Go to sleep earlier	24	26	23
Go to sleep at the same time	58	57	59
Go to sleep later	3	5	2
No impact	12	11	13
Don't know	3	2	3

Q13. On a typical night after you have fallen asleep, how often do you wake up and unlock or check your mobile device for something other than the time — to read text messages, email, check social media, etc. — more than twice a night, one or two times a night, or never?

	Parent	Father	Mother
More than twice a night	6	6	7
One or two times a night	20	24	17
Never	72	70	74
Don't know	2	1	2

Q14. *{If Q13=1-2}* **What are the primary reasons you unlock or check your mobile device during the night?**

{READ AND RANDOMIZE} **Select all that apply.**

	Parent <i>n</i> =131	Father <i>n</i> =65	Mother <i>n</i> =67
Received a notification, either through a sound or vibration	51	50	51
Couldn't sleep and needed something to do	48	41	55
To check email	31	36	27
To check social media	31	30	31
Wanted to check something online	27	26	28
To play a game	21	16	25
To make a reminder for myself	11	11	12
To watch a video	11	8	14
Other	8	5	10
Don't know	0	0	1

Q15. **How often do you try to cut down the amount of time you spend on your mobile devices—very often, occasionally, rarely, or never?**

	Parent	Father	Mother
Very often	12	10	13
Occasionally	40	37	43
Rarely	22	21	23
Never	26	32	22
Don't know	0	0	0

Q16. **How often do you feel the need to respond immediately to texts, social networking messages, or other notifications on your mobile devices — always, very often, occasionally, rarely, or never?**

	Parent	Father	Mother
Always	16	14	17
Very often	38	37	39
Occasionally	28	32	24
Rarely	14	11	16
Never	5	6	4
Don't use these	0	0	0
Don't know	0	0	0

Q17. How often do you feel distracted by your use of mobile devices — multiple times a day, once a day, a few times a week, once a week, less than once a week, or never?

	Parent n=131	Father n=65	Mother n=67
Multiple times a day	39	35	42
Once a day	15	14	15
A few times a week	20	23	18
Once a week	6	6	7
Less than once a week	6	6	6
Never	14	16	12
Don't know	0	0	1

Q18. {T, SPLIT SAMPLE B} Thinking about a regular weekday, would you say you spend too much time on your mobile devices, too little time, or just about the right amount of time on your mobile devices?

	Parent	Father	Mother
Too much time	48	45	50
Too little time	5	5	4
Right amount of time	44	47	42
Don't use a mobile device	1	2	1
Don't know	2	1	3

When answering the following questions about your children, please think of your youngest child age 12 to 18 who has access to a mobile device.

Q19. {T} Thinking about a regular weekday, would you say your child spends too much time on mobile devices, too little time, or just about the right amount of time on their mobile devices?

	Parent	Father	Mother
Too much time	68	69	67
Too little time	3	3	2
Right amount of time	28	28	29
Don't know	1	0	1

Q20. {T} Has your child's use of mobile devices mainly helped or hurt your relationship with him or her, or has it not made a difference?

	Parent	Father	Mother
Mainly helped	13	12	13
Mainly hurt	28	27	29
Made no difference	55	56	54
Don't know	5	4	5

Q21. {T, WORDING CHANGE} How often do you feel like your child is distracted by their use of mobile devices — multiple times a day, once a day, a few times a week, once a week, less than once a week, or never?

	Parent n=131	Father n=65	Mother n=67
Multiple times a day	57	59	55
Once a day	13	12	13
A few times a week	17	17	17
Once a week	3	3	3
Less than once a week	4	4	4
Never	6	5	7
Don't know	1	0	2

Q22. {T} Do you feel like your child is addicted to their mobile devices?

	Parent	Father	Mother
Yes	61	61	62
No	34	36	33
Don't know	4	4	5

Q23. {T} How often do you argue with your child about the use of their mobile devices — multiple times a day, once a day, a few times a week, once a week, less than once a week, or never?

	Parent	Father	Mother
Multiple times a day	12	13	12
Once a day	11	12	11
A few times a week	22	21	23
Once a week	14	10	16
Less than once a week	18	22	16
Never	21	22	20
Don't know	1	0	2

Q24. Do you have family rules regarding the use of mobile devices?

	Parent	Father	Mother
Yes	68	69	66
No	31	31	32
Don't know	1	0	2

We now have a couple of questions about you for statistical purposes only.

Q25. What is your age?

Q26. {IF AGE IS REFUSED} I am going to read you some categories. Please stop me when we get to your category.

	Parent n=131	Father n=65	Mother n=67
18-24 years	0	0	0
25-29 years	0	0	0
30-34 years	8	2	12
35-39 years	16	5	24
40-44 years	25	26	25
45-49 years	22	25	20
50-54 years	17	23	12
55-59 years	9	14	5
60-64 years	3	4	2
65-69 years	0	0	1
70-74 years	0	0	0
Over 74 years	1	0	1
Refused	0	1	0

Q27. What is the last year of schooling that you have completed?

	Parent	Father	Mother
1-11th grade	2	1	3
High school graduate	13	14	12
Vocational or technical school	3	2	5
Some college but no degree	19	14	23
Associate degree	11	11	11
4-year college graduate or bachelor's degree	32	39	27
Graduate school or advanced degree	18	19	18
Refused	1	0	1

Q28. Just to make sure we have a representative sample, could you please tell me whether you are from a Hispanic, Latino, or Spanish-speaking background? [IF “NO”, ASK:] What is your race—white, black, Asian, or something else?

	Parent n=131	Father n=65	Mother n=67
White	64	67	62
Black/AfricanAmerican	12	7	16
Spanish speaking/Latino (Puerto Rican, Mexican, etc.)	17	18	16
Asian	3	4	3
Native American	1	2	1
Pacific Islander	0	1	0
Arab American	0	0	0
Other	1	0	1
Don't know/Refused	1	2	1

Q29. In which of the following ranges does your total annual household income fall, before taxes?

Q30. [IF REFUSED OR DON'T KNOW] Could you tell me if your annual household income is below or above 50 thousand dollars?

	Parent	Father	Mother
Below \$25,000	9	5	12
Between \$25,000 and \$50,000	20	15	24
Between \$50,000 and \$75,000	22	18	25
Between \$75,000 and \$100,000	14	17	11
Over \$100,000	29	37	22
Don't know	1	2	1
Refused	6	7	5
Below \$50,000	30	20	37
Above \$50,000	67	75	60
Don't know	0	0	0
Refused	3	5	2

Part 2. Child Questions

N=1,000 nationwide survey of parents and their children ages 12 to 18 (500 interviews among each).

We will be asking some questions around mobile devices and we would like to interview both you and your child between the ages of 12 and 18 who use a mobile device.

	Child n=500	Son n=235	Daughter n=257
New England	5	6	4
Middle Atlantic	13	12	14
East North Central	14	19	10
West North Central	7	7	7
South Atlantic	20	18	22
East South Central	6	5	7
West South Central	12	9	14
Mountain	7	7	6
Pacific	16	17	15
Northeast	18	18	18
Midwest	21	25	17
South	38	32	43
West	23	24	21

The following questions are for your child age 12 to 18. Can you please let us talk to your youngest child age 12 to 18 who has access to mobile devices like a cell phone or tablet? We will be asking them similar questions as the ones you just answered.

Q31. Will we be speaking to your son or daughter?

	Child	Son	Daughter
Son	47	100	0
Daughter	51	0	100
Other	0	0	0
Refused	1	0	0

READ FOR THE CHILD WHEN THEY ARE ON THE LINE: For this survey we will be talking about mobile devices which means technology you can take with you - like smartphones, cell phones, and tablets like iPads or Kindle Fires.

Q32. {T, SPLIT SAMPLE A} Thinking about a regular weekday, would you say you spend too much time on your mobile devices, too little time, or just about the right amount of time on your mobile devices?

	Child n=500	Son n=235	Daughter n=257
Too much time	39	32	47
Too little time	11	14	8
Right amount of time	47	52	44
Don't use a mobile device	1	1	0
Don't know	2	1	1

Q33. {T} During a regular weekday, how often do you find yourself checking your mobile devices for texts, emails, updates, etc.—a few times every hour, hourly, 3-4 times a day, once a day, or less than once a day?

	Child	Son	Daughter
A few times every hour	43	40	45
Hourly	26	26	26
3-4 times a day	20	21	19
Once a day	4	5	3
Less than once a day	5	5	5
Don't know	2	2	2

Q34. How much time passes before you use a mobile device on a regular weekday morning (not including using it as an alarm)—within 5 minutes of waking up, within 6-30 minutes, within 31-60 minutes, or more than 60 minutes?

	Child	Son	Daughter
Within 5 minutes	32	28	37
6-30 minutes	32	35	30
31-60 minutes	16	20	12
More than 60 minutes	13	10	15
Do not use on a regular weekday morning	6	6	6
Don't know	2	1	0

Q35. {T} Do you feel addicted to your mobile devices?

	Child	Son	Daughter
Yes	39	36	42
No	55	59	52
Don't know	6	5	6

Q36. Where do you typically keep your mobile devices at night—in bed with you, within reach of your bed, in your bedroom, but out of reach, or in another room?

	Child n=500	Son n=235	Daughter n=257
In bed	29	26	33
Within reach of bed	39	42	37
In room, but out of reach	11	10	13
In another room	19	22	17
Don't know	1	0	0

Q37. And again thinking about a regular weekday, how soon before going to sleep do you typically use a mobile device—within 5 minutes of going to sleep, within 6–30 minutes, within 31–60 minutes, or more than 60 minutes before going to sleep?

	Child	Son	Daughter
Within 5 minutes	40	36	44
6–30 minutes	30	33	28
31–60 minutes	17	21	14
More than 60 minutes	9	6	12
Do not use on a regular weekday before going to sleep	3	4	2
Don't know	1	0	0

Q38. {If Q37=1–3} Are you mainly using your mobile devices before going to sleep for personal use, for schoolwork, or both?

	Child n=436	Son n=210	Daughter n=221
For personal use	45	48	42
For schoolwork	2	3	2
For both	51	48	54
Other	1	1	2
Don't know	0	0	0

Q39. {If Q37=1–3} If you didn't have a mobile device in your bedroom at bedtime, would you—go to sleep earlier, go to sleep at the same time, or go to sleep later?

	Child	Son	Daughter
Go to sleep earlier	38	37	38
Go to sleep at the same time	39	38	40
Go to sleep later	9	9	9
No impact	9	11	8
Don't know	5	5	4

Q40. On a typical night after you have fallen asleep, how often do you wake up and unlock or check your mobile device for something other than the time—to read text messages, email, check social media, etc.—more than twice a night, one or two times a night, or never?

	Child	Son	Daughter
More than twice a night	13	13	13
One or two times a night	23	23	22
Never	61	60	63
Don't know	4	3	2

Q41. {If Q40=1-2} What are the primary reasons you unlock or check your mobile device during the night?

{READ AND RANDOMIZE} **Select all that apply.**

	Child <i>n</i> =179	Son <i>n</i> =85	Daughter <i>n</i> =90
Received a notification, either through a sound or vibration	54	47	61
To check social media	51	46	58
Couldn't sleep and needed something to do	41	43	40
To play a game	32	32	32
Wanted to check something online	31	36	28
To watch a video	31	35	27
To check email	19	20	18
To make a reminder for myself	14	10	19
Other	4	7	1
Don't know	1	1	1

Q42. {T} How often do you try to cut down the amount of time you spend on your mobile devices—very often, occasionally, rarely, or never?

	Child	Son	Daughter
Very often	7	8	6
Occasionally	30	28	32
Rarely	28	24	32
Never	33	39	29
Don't know	2	2	1

Q43. How often do you feel the need to respond immediately to texts, social networking messages, or other notifications on your mobile devices—always, very often, occasionally, rarely, or never?

	Child n=500	Son n=235	Daughter n=257
Always	29	25	33
Very often	29	30	29
Occasionally	24	26	23
Rarely	9	9	8
Never	6	7	5
Don't use these	1	1	1
Don't know	1	1	0

Q44. How often do you feel distracted by your use of mobile devices—multiple times a day, once a day, a few times a week, once a week, less than once a week, or never?

	Child	Son	Daughter
Multiple times a day	42	39	45
Once a day	17	14	19
A few times a week	16	18	14
Once a week	3	4	2
Less than once a week	8	9	7
Never	13	15	12
Don't know	2	1	1

Q45. {T, SPLIT SAMPLE B} Thinking about a regular weekday, would you say you spend too much time on your mobile devices, too little time, or just about the right amount of time on your mobile devices?

	Child	Son	Daughter
Too much time	35	31	39
Too little time	8	11	4
Right amount of time	53	56	53
Don't use a mobile device	0	0	0
Don't know	3	3	4

For these next questions I want you to think of your parent who put you on the line with us.

Q46. {T} Thinking about a regular weekday, would you say your parent spends too much time on mobile devices, too little time, or just about the right amount of time on their mobile devices?

	Child n=500	Son n=235	Daughter n=257
Too much time	39	44	34
Too little time	12	10	15
Right amount of time	42	39	45
Don't know	7	6	6

Q47. {T} Do you feel like your parent is addicted to their mobile device?

	Child	Son	Daughter
Yes	38	41	35
No	55	53	59
Don't know	7	6	6

Q48. {T} Has your parents' use of mobile devices mainly helped or hurt your relationship with him or her, or has it not made a difference?

	Child	Son	Daughter
Mainly helped	15	15	15
Mainly hurt	9	10	9
Made no difference	72	69	75
Don't know	5	6	2

Q49. {T-WORDING CHANGE} How often do you feel like your parent is distracted by their phone or mobile devices—multiple times a day, once a day, a few times a week, once a week, less than once a week, or never?

	Child	Son	Daughter
Multiple times a day	29	32	26
Once a day	15	15	16
A few times a week	21	20	22
Once a week	5	5	5
Less than once a week	9	7	11
Never	17	17	17
Don't know	4	4	3

Q50. {T} How often do you argue with your parent about your use of mobile devices — multiple times a day, once a day, a few times a week, once a week, less than once a week, or never?

	Child n=500	Son n=235	Daughter n=257
Multiple times a day	10	11	9
Once a day	10	9	11
A few times a week	16	16	16
Once a week	11	9	13
Less than once a week	15	16	15
Never	36	38	35
Don't know	2	2	1

Q51. Do you have family rules regarding the use of mobile devices?

	Child	Son	Daughter
Yes	61	61	61
No	37	37	37
Don't know	2	2	1

Q52. What is your age?

	Child	Son	Daughter
12	17	16	18
13	17	19	16
14	18	19	17
15	17	14	19
16	14	14	15
17	10	11	10
18	6	6	6
Refused	0	0	0

Q53. What is your grade in school?

	Child n=500	Son n=235	Daughter n=257
5th grade	2	1	2
6th grade	10	11	10
7th grade	14	16	13
8th grade	14	14	14
9th grade	19	19	19
10th grade	16	15	16
11th grade	13	12	13
12th grade	10	9	10
College	2	2	2
Less than 5th grade	0	0	0
Don't know/Refused	0	0	0

This completes our survey. Thank you very much for your time and have a pleasant evening!

REFERENCES

- 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://doi.org/10.1001/jamapediatrics.2016.2341>
- Felt, L. J., & Robb, M. B. (2016). *Technology addiction: Concern, controversy, and finding balance*. San Francisco, CA: Common Sense Media.
- Gaming disorder. (n.d.). Retrieved from <http://www.who.int/features/qa/gaming-disorder/en/>
- George, M. J., & Odgers, C. L. (2015). Seven fears and the science of how mobile technologies may be influencing adolescents in the digital age. *Perspectives on Psychological Science*, 10(6), 832-851. <https://doi.org/10.1177/1745691615596788>
- Heffer, T., Good, M., Daly, O., MacDonell, E., & Willoughby, T. (2019). The longitudinal association between social-media use and depressive symptoms among adolescents and young adults: An empirical reply to Twenge et al. (2018). *Clinical Psychological Science*. <https://doi.org/10.1177/2167702618812727>
- Kardaras, D. N. (2016, August 27). It's 'digital heroin': How screens turn kids into psychotic junkies. *The New York Post*. <https://nypost.com>
- LeBourgeois, M. K., Hale, L., Chang, A.-M., Akacem, L. D., Montgomery-Downs, H. E., & Buxton, O. M. (2017). Digital media and sleep in childhood and adolescence. *Pediatrics*, 140(Supplement 2), S92-S96. <https://doi.org/10.1542/peds.2016-1758J>
- Orben, A., & Przybylski, A. K. (2019). Screens, teens, and psychological well-being: Evidence from three time-use-diary studies. *Psychological Science*. <https://doi.org/10.1177/0956797619830329>
- Rideout, V., & Robb, M. B. (2018). *Social media, social life: Teens reveal their experiences*. San Francisco, CA: Common Sense Media.
- Twenge, J. M. (2017, September). Have smartphones destroyed a generation? *The Atlantic*. <https://www.theatlantic.com>
- Twenge, J. M., & Campbell, W. K. (2018). Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study. *Preventive Medicine Reports*, 12, 271-283. <https://doi.org/10.1016/j.pmedr.2018.10.003>
- Twenge, J. M., Joiner, T. E., Rogers, M. L., & Martin, G. N. (2017). Increases in depressive symptoms, suicide-related outcomes, and suicide rates among U.S. adolescents after 2010 and links to increased new media screen time. *Clinical Psychological Science*. <https://doi.org/10.1177/2167702617723376>

COMMON SENSE BOARD OF DIRECTORS

Harvey Anderson	Deputy General Counsel, Hewlett-Packard
Lynne Benioff	Community Volunteer
Reveta Bowers (Chair)	Retired Head of School, The Center for Early Education
Chris Brahm	Partner and Director, Bain & Company
Ann Pao Chen	Independent Consultant
Geoffrey Cowan	University Professor, USC Annenberg
Scott Erickson	Head of School, Phillips Brooks School
Amy Errett	Founder and CEO, Madison Reed
John H.N. Fisher	Partner, Draper Fisher Jurvetson
Margaret Hearst	Community Volunteer
David Ludwig	Managing Director, Goldman Sachs & Co.
Julie Lythcott-Haims	Author and Educator
April McClain-Delaney	Washington Director, Delaney Family Fund
Michael D. McCurry	Partner, Public Strategies Washington Inc.
Robert L. Miller	President and CEO, Miller Publishing Group
Diana L. Nelson	Board Chair, Carlson
William S. Price, III	Proprietor, Price Family Vineyards and Estates
Susan F. Sachs	Community Volunteer
Gene Sykes	Managing Director, Goldman Sachs & Co.
Nicole Taylor	President and CEO, Silicon Valley Community Foundation
Lawrence Wilkinson (Vice Chair)	Chairman, Heminge & Condell
James P. Steyer	Founder and CEO, Common Sense

OUR OFFICES

San Francisco Headquarters

650 Townsend Street, Suite 435
San Francisco, CA 94103
(415) 863-0600

Los Angeles Office

1100 Glendon Avenue, 17th Floor
Los Angeles, CA 90024
(310) 689-7535

New York Office

575 Madison Avenue
New York, NY 10022
(212) 315-2138

Washington, D.C. Office

2200 Pennsylvania Avenue NW
4th Floor East
Washington, D.C. 20037
(202) 350-9992



www.commonsense.org