



## Screen Technology, Sleep and Health among Children and Young Adults

Guest Editor:

**Dr. Michael Osei Mireku**

School of Psychology, University  
of Lincoln, Lincoln LN6 7TS, UK

Deadline for manuscript  
submissions:

**closed (30 April 2023)**

### Message from the Guest Editor

Accumulating evidence from in-lab and epidemiological research is revealing complex relationship between screen technology use and health. More specifically, consistent findings suggest a direct relationship between duration, frequency and type of content of screen technology use and sleep. The mechanisms underlying these relationships remain poorly understood, mainly due to the lack of longitudinal studies and training studies, the use of self-report data, restricted open access to data sets, replication crisis and in a majority of studies small sample sizes.

Within this context, this special issue entitled Screen Technology, Sleep and Health among Children and Young Adults offers the opportunity to publish high-quality interdisciplinary empirical research, reviews and theoretical notes that further our understanding of the link between screen technology and child development and wellbeing. We welcome quantitative, qualitative, and mixed-methods research with objective or subjective measures of screen use, sleep and wellbeing. Submissions that discuss new knowledge, developments, and innovations in the field of screen technology and health are particularly encouraged.





an Open Access Journal by MDPI

## Editor-in-Chief

### **Prof. Dr. Paul B. Tchounwou**

RCMI Center for Urban Health  
Disparities Research and  
Innovation, Richard Dixon  
Research Center, Morgan State  
University, 1700 E. Cold Spring  
Lane, Baltimore, MD 21251, USA

## Message from the Editor-in-Chief

Addressing the environmental and public health challenges requires engagement and collaboration among clinicians and public health researchers. Discovery and advances in this research field play a critical role in providing a scientific basis for decision-making toward control and prevention of human diseases, especially the illnesses that are induced from environmental exposure to health hazards. *IJERPH* provides a forum for discussion of discoveries and knowledge in these multidisciplinary fields. Please consider publishing your research in this high quality, peer-reviewed, open access journal.

## Author Benefits

**Open Access:** free for readers, with article processing charges (APC) paid by authors or their institutions.

**High Visibility:** indexed within Scopus, PubMed, MEDLINE, PMC, Embase, GEOBASE, CAPus / SciFinder, and other databases.

**Journal Rank:** CiteScore - Q1 (Public Health, Environmental and Occupational Health)

## Contact Us

---

*International Journal of  
Environmental Research and Public  
Health* Editorial Office  
MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland

Tel: +41 61 683 77 34  
www.mdpi.com

mdpi.com/journal/ijerph  
ijerph@mdpi.com  
X@IJERPH\_MDPI