GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

UNSTARRED QUESTION NO:2778
ANSWERED ON:02.12.2016
Sleeping Disorder in Children
Rajendran Shri S.

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether the Government is aware that the problem of poor sleep among children is set to get worse due to frequent or excessive use of smart phones as per the Cardiff University report;

(b) if so, the reaction of the Government thereto;

(c) whether the Government has any action plan to educate and create awareness among the public in this regard; and

(d) if so, the details thereof along with the method of awareness creation programmes to be conducted?

Answer

ANSWER
THE MINISTER OF STATE IN THE MINISTRY OF HEALTH AND
FAMILY WELFARE
(ANUPRIYA PATEL)
(a): As per Cardiff University's study carried out by Dr. Ben Carter of Cardiff University School of Medicine, children using screen based media devices at bed time have over double the risk of inadequate sleep duration compared to children without access to such a device.

(b) to (d): An International Committee on Electromagnetic Field (EMF) Radiation was constituted in 2010. The Committee, in its report, made recommendations to educate and make aware the people in this regard. The major recommendations of the Committee are as under:

i. Awareness of exposure can be accomplished by the use of warning levels or by education through appropriate means.
ii. The Specific Absorption Rate (SAR) value information should be made available on the government website and the concerned regulatory agency with the list of SAR values of different mobile handsets.
iii. The Information should be made available on Government website with list of SAR values of different mobile phones.
iv. Public education programme needs to be undertaken.

v. The manufacturer's mobile handset booklet should contain information regarding safety of mobile phones.
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