

## **Technology Use in Adolescents with ADHD**

Adolescents with ADHD demonstrated greater total technology, phone/video chatting, television/movie watching, and video game usage compared to adolescents without an ADHD diagnosis. Adolescents with ADHD exhibited double the amount of daily video game utilization compared to adolescents with ADHD. There was an association between parent-reported technology use and teacher-reported daytime sleepiness but only for adolescents with ADHD.

*How this Helps Practitioners:* This study demonstrates that technology usage among adolescents with ADHD is associated with poorer sleep and greater daytime sleepiness. The present findings highlight the importance of monitoring technology usage among adolescents with ADHD.

Bourchtein, E., Langberg, J., Cusick, C., Breaux, R., Smith, Z., & Becker, S. (2019) Technology use and sleep in adolescents with and without attention-deficit/hyperactivity disorder. *Journal of Pediatric Psychology*, 44, 517-526. <http://dx.doi.org/10.1093/jpepsy/isy101>