

Sleep activity in the occipital region of brain at screen-dependent — symptom of circadian rhythms disorder .

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A useful model relates to medicine and can be used to diagnose from screen dependencies .

The effects of mass communication; the effect of the media or the dependence on screens - any result of media exposure – characterized by attracting attention of the "recipient" of changed of settings and behavioral patterns .

Today the issue of the negative effects of the use of screens of different ages appears very acute due to the connection between juvenile suicide , self-harm and media influences , as well as the revealed interdependence between the violent effect of the media and the behavior of children and young people .

The clinical picture consists in the fact that the "recipient" is offered a "path of perception", which is a kind of dictation, what to think. Emotions expressed by the recipient when interacting with a media source, in particular, often differ from "everyday" by their intensity; dependence on screens leads to persistent violations of night sleep . This can be clinically manifested " in the spirit of reality " , " play by the seen a plot " , hypotonia , etc. Most often the basic feeling, which is preceded by the above-mentioned manifestations is empathy.

At present, the generally accepted diagnostic technique excessive of mental health use of screens does not exist .

The prototype of a utility model was not found.