

C5 - 10P SMARTPHONES VO
SMARTPHONES
MAKE YOU FAT VO

6PM KSWB THURS

C5

V:10P SMARTPHONES
MAKE YOU FAT VO 1

TAKE WIPE VO

{*WIPE VO***}**

ANCHOR: KATHLEEN

{*KATHLEEN***}**

**A NEW STUDY SAYS USING A
COMPUTER OR SMARTPHONE AT
NIGHT CAN MAKE YOU FAT.**

**RESEARCHERS AT NORTHWESTERN
UNIVERSITY FOUND THAT BLUE LIGHT
FROM THESE DEVICES INCREASED
HUNGER LEVELS, EVEN AFTER A
PERSON HAD JUST EATEN.**

**BLUE LIGHT EXPOSURE HAS
ALREADY BEEN LINKED TO
DECREASED SLEEPINESS, WHICH
CAN RAISE THE RISK OF INSOMNIA.**