

REVIEWER'S REPORT

Manuscript No.: IJAR-51515

Date: 13-05-2025

Title: Impact of Screen time on sleep Pattern and behavioural outcomes in young children

Recommendation:

Accept as it is..... **YES**

Accept after minor revision.....

Accept after major revision

Do not accept (*Reasons below*)

Rating	Excel.	Good	Fair	Poor
Originality	√			
Techn. Quality		√		
Clarity	√			
Significance		√		

Reviewer's Name: Dr Aamina

Reviewer's Decision about Paper: **Recommended for Publication.**

Comments (*Use additional pages, if required*)

Reviewer's Comment / Report

Abstract Evaluation

The abstract effectively captures the core themes of the article and provides a succinct overview of the research focus: the impact of screen time on young children's sleep patterns and behavioral outcomes. The relationship between excessive screen time, disrupted sleep, and subsequent behavioral issues is clearly outlined. The abstract emphasizes the importance of understanding these impacts, and the call for balanced media use is both timely and relevant. The mention of the potential benefits of screen time is appropriately balanced with the negative consequences, which sets the tone for a nuanced discussion in the full article.

Introduction Evaluation

The introduction is well-structured and sets the stage for the discussion of the topic. The article begins by situating the issue within the broader context of technological advancement in the 21st century, which makes it relatable and accessible to a wide audience. By acknowledging the educational and

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entertainment benefits of digital technology, the introduction provides a balanced perspective, setting up the discussion of its potential negative impacts.

The significance of sleep in early childhood development is emphasized effectively, establishing its connection to both cognitive and emotional development. This connection is key to understanding the implications of disrupted sleep caused by excessive screen time. The introduction successfully introduces the problem and signals that the article will offer evidence-based insights and practical recommendations for caregivers.

Conceptual Depth and Theoretical Framing

The paper appears to tackle a critical, contemporary issue—screen time and its consequences on young children's development—with a sound theoretical foundation. The introduction integrates essential concepts related to sleep, behavior, and screen exposure in young children, indicating a well-rounded approach to the topic. However, it would be helpful to see more in-depth discussion or clarification of the theoretical models or frameworks used to support the research, such as those related to child development, sleep science, or behavioral psychology.

Clarity and Argumentation

The article's arguments are presented in a clear and accessible manner, with the introduction and abstract serving as effective gateways into the discussion. The flow of ideas is logical, progressing from a general overview of the topic to the specific relationship between screen time, sleep, and behavior. The argument is compelling, as it connects screen time directly to observable consequences, both in terms of sleep quality and behavioral outcomes.

The writing is straightforward, with complex ideas broken down into digestible points. The case for regulating screen time and the advocacy for alternative activities is clearly presented, making the article both informative and actionable for the intended audience.

Contribution and Relevance

The topic is highly relevant in the context of modern childhood development, where technology plays an ever-increasing role. The article is timely, given the growing concerns among parents and educators regarding screen time and its consequences. The exploration of both the positive and negative aspects of screen exposure shows a balanced approach, contributing to a comprehensive understanding of the issue.

Additionally, the paper offers practical advice for caregivers, which is an important feature that will resonate with readers seeking concrete steps for addressing the issue.

Language and Style

The language is appropriate for a general audience, balancing accessibility with academic rigor. The tone is informative yet engaging, which helps in communicating complex concepts to a broad range of readers.

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There is a clear and consistent use of terminology relevant to child development, sleep science, and behavioral outcomes, without overwhelming the reader with jargon.

Overall Evaluation

This article presents a timely and relevant discussion on the impact of screen time on young children's sleep and behavioral outcomes. It offers a balanced perspective, recognizing the benefits of technology while also addressing the risks associated with excessive use. The structure is clear, and the arguments are compelling, making it an insightful read for parents, educators, and healthcare professionals. While the theoretical framing could be expanded, the paper is effective in raising awareness and providing actionable recommendations for caregivers. The contribution to ongoing discussions about screen time and child development is valuable, and the paper is well-positioned to inform both academic and practical debates on the subject.