

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 " , hypertonia , 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.