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**MarketWatch**

## It's time to ditch the smartphone: The best alarm clocks for every type of sleeper

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Don't snooze or you'll lose out on these expert picks.

Experts say you should stop using your smartphone as an alarm clock. Not only do smartphones emit radiation, "sleeping with your phone next to you changes your mood — specifically, it may increase how much anxiety you experience," Physician **Dr. Elroy Vojdani** tells MarketWatch. "The problem here is never allowing the brain to disconnect from digital communication or social media and even though you may be sleeping, just knowing the phone is next to you is enough to keep your mind engaged and prevent you from falling into a deep restorative sleep." The solution, experts say, is an alarm clock. MarketWatch talked to sleep experts about the best alarm clocks for even the deepest of sleepers.

<https://www.marketwatch.com/story/its-time-to-ditch-the-smartphone-the-best-alarm-clocks-for-every-type-of-sleeper-2019-08-09>