## Introduction

- Increased interest in the role of sleep in adolescent health\(^1\)
- Limited research examining adolescents and their nighttime activities
- Limited research on family occupations

## Research Question

How do families with adolescent children enact nighttime activities?

## Methods

- **Study design:** Qualitative Case Study
- **Participants:** Middle-class Caucasian family; convenience sampling
- **Data Collection:** Two photo-elicitation interviews, one semi-structured interview, and one home observation
- **Data Analysis:** Thematic analysis

## Results

**Theme 1:** Family Togetherness and Technology

**Theme 2:** Solitude and Technology

**Theme 3:** Technology to Connect to Others Outside the Home

**Theme 4:** Attitudes Toward Family Technology Use

## Discussion

- Family TV time is a valued way for the family to be together
- Shift to solitary technology use at bedtime \(^2\)
- Teens use technology to stay connected to their friends at nighttime\(^2, 3\)
- Results are not generalizable because it is the experience of one family

## Implications

- Family occupations are changing
- Encourage OTs to consider family interventions that include technology use
- Future research is needed on the relationship between nighttime technology use & health

## References