

Learn How Excessive Screen Time Affects our Health:

Clickable Links Below

What Excessive Screen Time Does to the Adult Brain

How Less Screen Time Benefits Your Eyes, Brain, Mental State and Overall Health

Increased Screen Time as a Cause of Declining Physical, Psychological Health, and Sleep Pattern

Associations Between Screen Time and Lower Psychological Well-Being Among Children and Adolescents

Connection Between Excessive Screen Media Activity and Mental Health Problems in Youth

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