

Too much screen time?



It is common to see and hear information about monitoring and reducing screen time in young children. But what about adults — should they also limit the time they spend in front of screens?

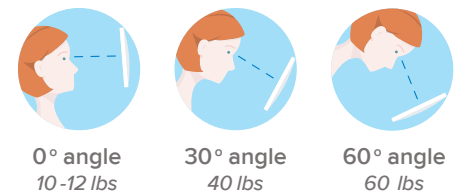
A report from the Nielsen Company, which measures American media consumption, discovered that adults spend 11 or more hours per day using electronic devices (computers, game consoles, phones and tablets).

Some screen time is unavoidable. For instance, if you work in a typical office setting, you probably can't avoid electronics. However, what you can do, is recognize the risks associated with prolonged screen time and take positive steps to reduce the consequences.

How is your body affected?

Aside from your eyes, there are many body parts that feel the effects of screen time. Your neck muscles, for instance, support an equivalent of 60 lbs. when you look down at a tablet or phone. Over time, this can really add up, leaving your neck and shoulder muscles feeling tired and sore.

Repetitive use injuries such as carpal tunnel and tendonitis, sleep problems and weight gain may also be a result of too much screen time.



Try setting limits for yourself to reduce the risks associated with overuse of screens.

- Avoid eating in front of a screen: Designate your eating area a “no-screen zone”
- Check your posture: Sit in an upright position, feet flat on the floor, with slight curves in both your shoulders and lower back
- Stand up: When talking on the phone, use a headset and stand. If you're able to, use a standing desk
- Stop screen time one hour before bed: Keeping devices out of the bedroom, including TVs, can help make this easier
- Take breaks: Get up to stretch and give your eyes a rest from your screen every 30 minutes

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