



Due to the restrictions imposed to contain the coronavirus disease, different population groups have adapted to varying screen time levels, which may have profound implications on their physical and mental wellbeing. The available evidence suggests that screen time is associated with obesity, hypertension, type 2 diabetes, myopia, depression, sleep disorders, and several non-communicable diseases. This elevated burden of diseases is more prevalent among individuals who have sedentary lifestyles and other unhealthy behaviors that are likely to increase during quarantine or isolation due to COVID-19.

Sleep problems: Many people who stay up late using phones and tablets are not only getting less shut-eye, they're also lacking the deep REM sleep essential for processing and storing information from that day into memory.

Chronic neck and back pain: Too much screen time can lead to poor posture, causing chronic neck, shoulder and back pain. Instead, take breaks from sitting to walk around, stand or stretch. Make sure your chair provides ample back support and try to keep the device at eye level.

Obesity. Too much time engaging in a sedentary activity, such as playing video games or watching TV, can be a risk factor for obesity. Heart health is also impacted and can lead to a higher risk of diabetes, increased blood pressure or cholesterol

Digital Media Tips

- Beware of digital media distraction. Half of all children and three-quarters of parents feel the other is distracted when talking to each other.
- Have regular sit-downs, screen-free meals.
- Put down your device. Be present with others. Observe the world around you. Let your mind wander.
- Avoid blue light-emitting screen use before bedtime.

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