

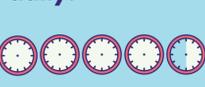
SCREEN TIME

WHAT IS SCREEN TIME?

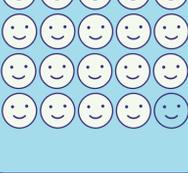
SCREEN TIME refers to the amount of time we spend doing activities in front of screens like phones, computers, games consoles etc.

These devices are great for getting work done, socialising and having fun but spending too much time on them can take a real toll on our health and well being.

IRISH PEOPLE on average spend **4.5 HRS** on their PHONES daily.



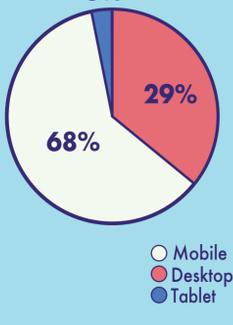
19/20 ADULTS in Ireland own a SMARTPHONE.



More than **1 in 10** KIDS in Ireland aged 8 to 13 spend the equivalent of **61 DAYS** A YEAR online.

68% of all WEBSITE VISITS come from SMART PHONES.

While **29%** come from desktop and **3%** come from tablets.



BACK AND NECK PAIN

Looking down at a phone, tablet or hand-held gaming console screen for an excessive amount of time can put a lot of strain on your neck muscles and the small bones at the top of your spine.

This is because you're in a slumped posture position which is unnatural for us to be in for extended time periods.

SLEEP

Spending time on a screen less than

1 HR before going to bed can reduce the essential REM SLEEP that makes you feel rested the next morning.

Screens emit a type of **BLUE LIGHT** that can lower your levels of melatonin, a hormone that regulates when you sleep and wake up.

EXPERTS RECOMMEND that you stop using screens ideally **2 HRS**, or at least **30 MINS** before going to sleep.

OBESITY

We are most often either sitting or lying down while looking at screens.

This means more time is spent being **SEDENTARY**, increasing the risk of **OBESITY** and **HEART PROBLEMS**.

Being in front of a screen makes you significantly more likely to **MINDLESSLY SNACK**.

For every **2 HRS** spent watching TV each day, **WOMEN** are **23%** more likely to become obese.

DOWNTIME

DOWNTIME is a time to unwind and let your brain rest after a hard day's work.

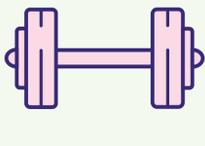
How to spend downtime away from screens:



Get **OUTDOORS**



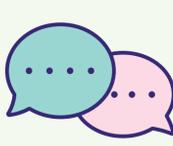
READ a book



WORK OUT



Find a new **HOBBY**



Have a **CHAT IRL**



BAKE something



Practice **SELF CARE**



Do some **TIDYING**