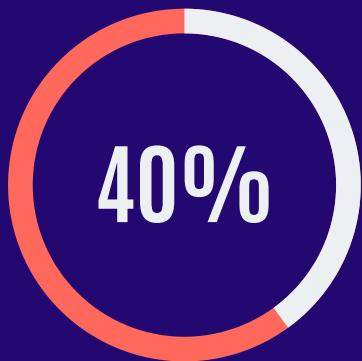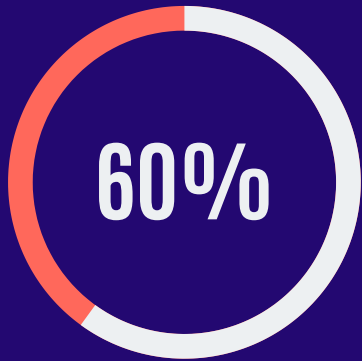# THE BODY &
YOUR PHONE

40%

"About 40% of optometrist patients experienced eye strain due to computer vision syndrome, while 45% complained of neck and back pain associated with computer or handheld device use."

Everydayhealth.com

60%

"Research shows that 60 percent of adolescents are looking at their phones in the last hour before sleep, and that they get on average an hour less sleep than their peers who don't use their phones before bed."

Childmind.org

Consistently spending time on devices and social media may lead to reduced physical activity. This is an issue, because reduced physical activity may lead to underlying complications such as heart disease, obesity, and high blood pressure.

Turn off your notifications for at least two hours before bed, so you are not constantly being taunted to pick up your phone. If possible give yourself an hour break from screens before sleeping, your body will thank you.

20

Look away from your screen every 20 minutes.

20

At something 20 inches away.

20

For 20 seconds.

Limit time spent continuously in front of a computer. Look away from the screen every 20 minutes for 20 seconds, the AOA recommends. For the ideal viewing distance, set your monitor about 20-28 inches away from your body.
Everydayhealth.com

A tip to protect yourself from blue lights, are to turn your device on night time mode, if compatible, and to also use blue light glasses in order to reflect the harmful blue rays that interrupt the body's natural sleep cycle.