

Is your screen time taking over?

Understanding digital overuse and finding balance.

Many people check their phone dozens of times a day. What starts as routine use can gradually turn into overuse, making it harder to disconnect when we want to.

Research suggests that excessive technology use and social media habits may contribute to anxiety, poor sleep and reduced wellbeing.¹

How too much screen time can affect you:



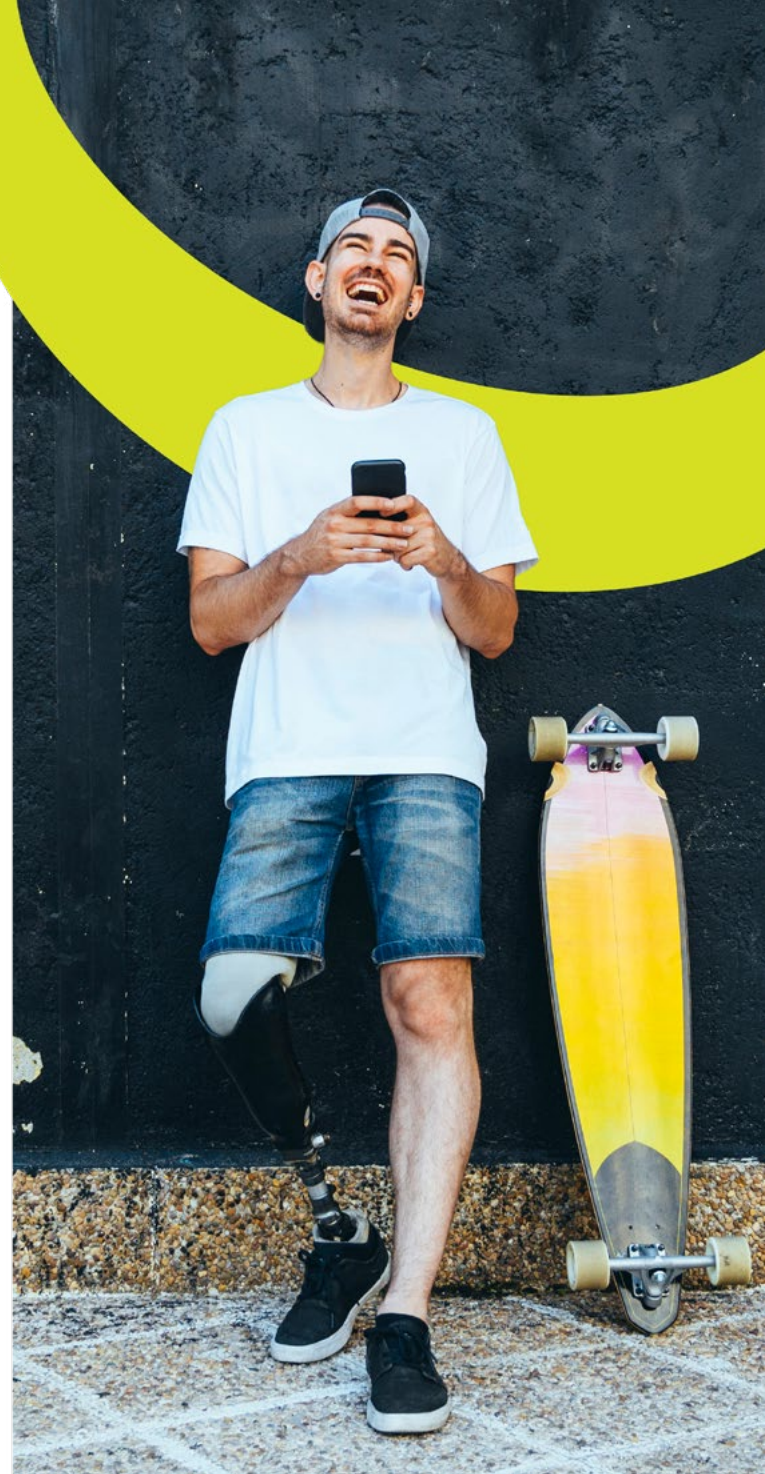
COGNITIVE IMPACTS

- **Reduced focus and attention:** Frequent notifications and constant switching between apps, emails and tasks can fragment attention and make sustained focus harder.¹
- **Mental fatigue:** Constant digital stimulation (scrolling, alerts, autoplay videos) leaves little time for the brain to rest and recover.¹
- **Decreased productivity:** Frequent task-switching can reduce efficiency and increase errors.¹
- **Sleep disruption:** Screen use, particularly before bed, is linked to poorer sleep quality.²



SOCIAL & EMOTIONAL IMPACTS¹

- **Less meaningful connections:** Excessive screen use can reduce opportunities for face-to-face interaction and being present with others.
- **Increased stress and comparison:** Frequent social media use can heighten anxiety and negative self-comparison.
- **"Always-on" pressure:** Constant availability can contribute to feelings of burnout and overwhelm.
- **Disconnection from the present moment:** Continuous scrolling can pull attention away from real-life experiences and relationships.



Why this matters

Overtime, these habits can shape how you think, feel and function. Creating intentional pauses from screens may help:

- Restore focus and mental clarity.
- Improve sleep quality and energy levels.
- Reduce stress and unhealthy screen habits.
- Strengthen offline relationships and activities.



Common signs of screen overuse:

- You reach for your phone without thinking (even when you're not sure why.)
- You lose track of time while scrolling.
- You feel restless or anxious without your phone nearby.
- You use screens to avoid tasks or stress.
- Offline time feels scarce, but screen time adds up.

If any of these feel familiar, it may be time to take a more intentional approach to your screen time.

Simple ways to reclaim your time:



AT WORK

- Turn off non-essential notifications.
- Schedule focus time on your calendar.
- Take screen-free breaks to walk, stretch or reset.



AT HOME

- Create "no-phone" zones, such as the bedroom and dinner table.
- Set a nightly screen cutoff time.
- Charge devices outside the bedroom.

Digital devices support many parts of our lives, but balance is key. The goal is not to eliminate screens, but to use them more intentionally. Even small adjustments can improve your overall wellbeing.



1 Setia, S., Gilbert, F., Tichy, M. L., Redpath, J., Shahzad, N., & Marraccini, M. E. (2025). Digital detox strategies and mental health: A comprehensive scoping review of why, where, and how. *Cureus*, 17(1), e78250. doi.org/10.7759/cureus.78250

2 Han, X., Zhou, E., & Liu, D. (2024). Electronic media use and sleep quality: Updated systematic review and meta-analysis. *Journal of Medical Internet Research*, 26, e48356. doi.org/10.2196/48356