

# Managing screen time effectively

## Understanding the risks of excessive screen time

- ☐ Eye strain, headaches.
- ☐ Decreased concentration.
- ☐ Sleep disruption.
- ☐ Reduced time spent on physical and social activities.

## Set clear boundaries

- ☐ Maximum 2 hours of recreational screen time per day.
- ☐ Use a timer or an app to monitor screen time.
- ☐ Plan screen-free moments: meals, bedtime.

## Alternate activities

- ☐ Read or write.
- ☐ Do sports or get moving.
- ☐ Practice a creative activity.
- ☐ Spend time with family and friends.

## Protect your sleep

- ☐ Turn off screens 1 hour before bedtime.
- ☐ Keep the phone out of the bedroom.
- ☐ Plan screen-free moments: meals, bedtime.

## Adopt good practices

- ☐ Adjust the screen brightness.
- ☐ Sit properly.
- ☐ Use screens mainly for learning.