



Health Problems From Using Computers Too Much

KS4 COMPUTER SCIENCE

KS3 SCIENCE

Ages 11-14



3 min read

Your Eyes Get Tired

When you stare at a screen for hours, your eyes work really hard. They have to focus on the bright light, which can make them feel tired, sore, and dry. This is called **digital eye strain** or **computer vision syndrome**. Your eyes produce fewer tears when you're concentrating on a screen, so they become uncomfortable.

Think of it like staring really hard at something in bright sunshine — after a while, your eyes feel tired and watery.

Your Neck and Back Hurt

Sitting in the same position for a long time, especially with bad posture, can cause **neck pain** and **back problems**. If your screen is too low or your chair isn't supporting you properly, you'll lean forward, which strains your muscles. Over time, this can damage your spine.

Think of it like holding a heavy book in front of your face for hours — eventually, your arms and neck get sore.

Sleep Problems

Computer screens give off **blue light**, which tricks your brain into thinking it's daytime. If you use computers close to bedtime, your brain stays awake when it should be getting ready for sleep. This can lead to **insomnia** and make you tired during the day.

Think of it like playing an exciting game right before trying to go to bed — your brain is too excited to sleep properly.

Weight Gain and Fitness Issues

Spending lots of time on computers means you're not moving around much. This **sedentary lifestyle** can lead to weight gain and poor fitness. Being inactive also

weakens your muscles and bones.

Mental Health Problems

Too much screen time, especially on social media, can cause **anxiety** and **depression**. Comparing yourself to others online, cyberbullying, and constant notifications can stress you out. Your brain needs breaks from the constant stimulation.

How to Stay Healthy

Take regular breaks using the **20-20-20 rule**: every **20 minutes**, look at something **20 feet** away for **20 seconds**. Keep your screen at eye level, sit with good posture, and avoid screens for **at least one hour** before bed. Balance computer time with exercise, outdoor play, and face-to-face time with friends.