



# Too Much Screen Time: What Your Body Needs to Know

KS2 COMPUTING

PSHE

SCIENCE

Ages 9-14 ⌚ 3 min read

## Why Screens Can Be a Problem

Screens are amazing—they let us learn, play games, watch videos, and talk to friends. But like most things, too much of a good thing isn't healthy. When you spend hours staring at a phone, tablet, or computer, your body goes through some real changes that aren't always good.

The biggest problem is your **eyes**. When you look at a screen, you blink less than normal—sometimes **66% less**. Your eyes dry out, get tired, and can start to hurt. This is called **digital eye strain**.

Think of it like: Your eyes are like a car windscreen. When you're driving, the wipers keep it clean and wet. When you stare at screens, you forget to "wipe"—you blink less—so your eyes get dry and uncomfortable.

## Your Sleep Gets Worse

Screens produce a special kind of light called **blue light**. Your brain thinks blue light means "it's daytime!" So when you use screens before bed, your brain stays awake. It stops making **melatonin**, the chemical that helps you feel sleepy. This means you fall asleep later and feel more tired the next day.

Think of it like: Your brain has a clock inside it. Blue light is like someone turning on all the lights in your house at bedtime and telling your clock "it's actually lunchtime!" Your body gets confused.

## Your Posture and Neck Suffer

When you look down at a phone or lean too close to a screen, your neck and back get into bad positions. Over time, this can cause **neck pain** and **back problems**. Doctors call this "tech neck."

## What You Can Do

You don't need to stop using screens—they're too useful! But try these tips: Follow the **20-20-20 rule**: every **20 minutes**, look at something **20 feet away** for **20 seconds**. Keep screens an arm's length away. Stop using devices **1 hour before bed**. Try to get **1-2 hours of outdoor time** every day—sunlight is actually good for your eyes.

Balance is the key. Screens are brilliant tools, but your eyes, sleep, and body need breaks too.