# SCREENTIME: Bettering your health by just putting your phone down

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“No matter how old you are, more **screen time**means less happiness”

Screens have become a part of who this generation is. We rely heavily on our phones and computers to achieve even simple tasks. From the moment our phone rings in the morning until we rest our heads at night, we are scrolling through social media and talking to our friends. Screen time goes beyond just phones, school assignments and class notes are now done on our computers. Our phones are filled with apps that connect us to the rest of the world or apps that could entertain us for hours. Through the click of a button, somebody in North Carolina could be talking to somebody in Dubai or streaming a show or video. The idea of phones and other devices seems like a great addition to our lives, but they’re affecting us a lot more than we might think.

A study done by apple says that the average person spends about 300 minutes a day on their phones and checks their phone around 100 times. Most Elon students are using apps like Instagram, Snap Chat, YouTube, Spotify, and Twitter. Students can get their news off of apps like Instagram, Twitter, and Snap Chat, but the same apps can create a lot of distractions. It is very easy to lose track of time and procrastinate all of your work when your phone is easily accessible. Putting your phone in a different room or away from you help you focus so you can get more work done. Something as simple as this can quickly eliminate stress and make your workload seem much more manageable.

Spending hours on our phones talking to our friends and doing schoolwork all day on our computers can also have many physical repercussions. Staring at screens all day stimulates our brain and can affect our quality of sleep. It is proven that it is harder to fall asleep after being on your phone within 30 minutes of going to sleep, and the sleep you may be getting is restless. Studies show that not going on your phone before you go to bed improves sleep immediately. Something as simple as this can better your physical health.

Almost every Elon student values their social media following. Especially at Elon, people use their Instagram and Snap Chat accounts to portray their lives as a dramatized version of what it might be in reality. Whether it be the social media influencers we follow or the other students we follow, it becomes very easy to compare ourselves to unrealistic standards. Limiting the time we spend on social media can improve mental health and allow us to appreciate ourselves more.

Elon students need to put their phones down to better their physical and mental health. Life over your phone and computer can be much more complicated than it needs to be. The benefits are apparent, but it’s time that our generation realizes the harmful effects and does something about it. The steps are easy, and the results are instant.