Let's Talk about:
Screen Time

Hi CCS Community!

I hope you are all having a great start to the new academic year and getting excited for cooler weather! I am starting up my second year of medical school, time really flies! Reflecting back on last year, something that I am trying to get better at is being mindful of my screen time. I know pretty much all of us have phones, iPads or other devices that we enjoy using. While these devices are amazing for communication, watching TV shows and learning, they can sometimes be too time consuming.

Why is it important to pay attention to screen time?
Many academic studies have shown that screen time has **negative effects** on sleep duration. In other words, using your device before bed can sometimes interfere with how well you sleep.
Social Media can be fun and exciting to keep up with the world around you, but can also be very time consuming.
Screen time is not a bad thing, like everything in life, it can be a positive thing if you use it in moderation!

What are some ways to practice better screen time habits?
Read a book, color or write in a journal before bed instead of using your devices
Limit screen time (TV, movies, videos) to a set number of hours per day and try to stick to it!
Engage in other hobbies such as going on a walk, playing a board game, reading, or cooking
Delete apps on your device that you do not use
Turn off "push notifications" on your phone for certain apps so you don't get notifications all day
Along those lines, sometimes I set my phone on "**Do Not Disturb**" at different points during the day so I won't be tempted to check it
Set up certain times of the day that are designated "screen times"

At the end of the day, it is hard to have an "all or nothing" mentality when it comes to our devices. They are such an important aspect of our lives. Many of us use our devices to communicate for work, school and for socializing. Instead of eliminating our devices, I think an easier approach might be to just be more aware and conscious of our device usage.

Have a wonderful month and let me know if you use any of these tips or have any of your own!