Some Screen Time Stats

The U.S. Surgeon General, Dr. Vivek Murthy released an advisory highlighting the epidemic of loneliness and isolation. About half of U.S. adults say they've experienced loneliness and for ages 15-24, time spent in-person with friends has reduced by nearly 70% over almost two decades. US Dept of Health and Human Services - May 3, 2023

The average American spends 11 hours per day listening to, watching, reading or interacting with media. - 2018 Nielsen Report

The average American checks their phone 96 x per day (once every 10-12 minutes). Zippia June 28, 2022 For youth and young adults much of that time might be spent with social media or gaming. For a person over 60 it might be watching TV or videos.

About three in ten adults in the U.S. say they are "almost constantly" online Pew March 26, 2021

The share of teens who report being online "almost constantly" (2023) has roughly doubled since 2014-2015 (24% vs. 46%). Pew Jan 25, 2024

Although age 13 is commonly the required minimum age used by social media platforms in the U.S., nearly 40% of children ages 8–12 use social media. US Department of Health and Human Services; 2023. Office of the Surgeon General

The National Sleep Foundation and other experts are becoming increasingly concerned about the effects of blue light from electronic devices. An estimated two in three teenagers regularly sleep less than the recommended amount, and screen time may be responsible for sleep deprivation and other problems. National Sleep Foundation - March 14, 2023

One study found that looking down at a screen or cell phone at a 45 to 60-degree angle, places about 50 to 60 pounds of force on the neck. Surgical Technology 2014

Eye health experts say research now links overuse of computer and smartphone screens to several progressive, irreversible eye disorders, such as dry eye disease and myopia, at rates not seen before. By 2050, 50% of people will have myopia (near sightedness) 2016 American Academy of Ophthalmology.

Studies indicate that time spent in front of screens, is significantly associated with obesity in US children and adolescents. Association between screen time and obesity in US adolescents: A cross-sectional analysis using National Survey of Children's Health 2016–2017

A recent study published in the Journal of Experimental Psychology: found that reductions in smartphone usage (as little as one hour per day) can make a noticeable difference in the mental health of smartphone users, especially fewer symptoms of depression and anxiety, and overall healthier living. Journal of Experimental Psychology March 29, 2023

The Mere Presence of Your Smartphone Reduces Brain Power - Even when it's off - University of Texas at Austin 2017

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