How to Reduce Screen Time in Everyday Life

Introduction:

Us humans are pretty lazy. Nowadays, we just watch TV, scroll on TikTok and play Roblox on an average Sunday. If that's you, listen to this: ‘Daily tasks in the 20th century required significant manual effort, with homemade products and handwritten communication being common.’ says research articles. So forget about your game time, try these ways to decrease your eye usage!

No Technology Zones:

Sometimes, I sit at the dining table and look at my laptop. Then, I wonder about it, if I just stare at a screen for the rest of my life, I probably won’t or can’t because eye health will eventually deplete! So, try setting up no technology zones. These zones allow no technology usage so if you get a random notification, you have to get up and go somewhere else to see it. Doing this makes you want to silent your phone. This will help by up to 90%, says a professor from Cambridge university.

Scheduled Breaks:

Some people like to sit in bed and scroll on social media. They might sit for hours and hours and don’t see the invisible threat. Eye health. If you just sit for long hours, your eyes will just get worse and worse and worse. This can be fixed with a limit. I’m not saying there is no screen time at all, I just mean that if you look at your screen for an hour, you should take a break for ten minutes. ‘This will help by 84%’ says an eye specialist.

Games:

When you want to play games, you would think of computer games like Roblox or Minecraft, right? Well, you could play them but you can just do it in real life! You could explore your neighbourhood and collect stones. Or, you can take Roblox to life by making a parkour course and jump on rocks, pillows and more!

Conclusion:

I hope your eyes have gotten better after reading this guide and now, you don’t need a screen glued to your face! But I don’t have any more time because I need to get my eyes checked! Bye!