

Why Students Should Have Less Screen Time

Screens are everywhere now. You wake up and check your phone before you even brush your teeth. Then there are classes on laptops, messages from friends, maybe a few videos before bed. Before you know it, the whole day has gone by.

That is the problem. Our brains need breaks, but screens never stop asking for attention. They keep flashing and updating. When you spend hours on them, it becomes harder to rest, harder to focus, harder to just sit quietly without something playing in the background. It affects sleep, too. The light from phones tricks your brain into thinking it is daytime, so you lie there wide awake while the clock keeps moving.

It is not only about sleep, though. Too much scrolling makes concentration disappear. You start your homework, get a notification, and your focus is gone. You tell yourself it will take two minutes, but somehow you end up watching ten more videos.

There is also the people part. Hanging out with friends should mean laughing or talking, but sometimes everyone ends up staring down at their screens instead of at each other. You miss small things, such as expressions, jokes, and the feeling of being fully there.

Having less screen time is not about banning fun. It is about getting space to breathe again. Go outside, read something random, sit on the porch, and listen to nothing for a while. The world feels bigger when you look up from the glow. And maybe, when you come back to your phone, it will feel like a tool again instead of a cage.