The Top Three Health Consequences of Too Much Screen Time, and What You Can Do About It

Simple strategies that help students stay focused, feel better, and build balanced digital routines.
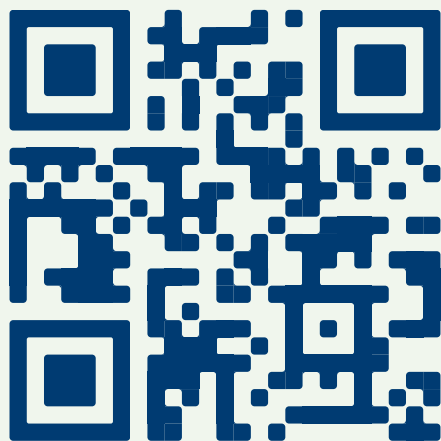
Health In Hand™

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> **Article Summary** | Let's be honest: life today is more digital than ever. From schoolwork and homework to apps, games, and streaming, screens are part of students' everyday routines—and yours too. As educators, you have the unique opportunity to support healthy screen habits both in the classroom and at home.

With a few simple changes, families can reduce eye strain, improve sleep routines, and build more movement into their day. This isn't about screen guilt. It's about *screen balance*.

Scan for expert-backed tips you can share with parents or use yourself.

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