

How much screen time is too much?

Are you constantly glued to your screens? Even the kids are!

Studies have shown that nearly all children in Canada are exposed to screens by the age of 2 and only 15% of Canadian children aged 3 to 4 years meet screen time guidelines of less than 1 hour per day.

From blue light-emitting devices, such as smartphones and laptops, to our TVs at home — it can be hard to not spend too much time in front of a screen. But how much screen time is too much?

The Canadian Pediatric Society (CPS) recommends the following guidelines for children:

- Children younger than 2 years: No screen time, except for video chatting with family and friends.
- Children ages 2 to 5 years: Limit screen time to less than 1 hour per day of high-quality programming, with an adult present to help children understand what they are seeing.
- Children ages 5 to 17 years: Limit recreational screen time to no more than 2 hours per day.

Though there are no hard-and-fast rules for adults, it's still important to maintain a healthy balance with daily

screen time. Not only does blue light from screens affect sleep quality, but too much time in front of a screen can also limit our ability to engage in other activities, such as exercising, socializing, and reading.

So take a break every now and then! The 20-20-20 Rule can be helpful: every 20 minutes, take a 20 second break by looking far away at 20 feet. Get out into nature or have some face-to-face conversations with family and friends — your body and your eyes will thank you for it!



Dr. Wendy Ng,
Optometrist

Chic Eyes