

## LEARN ABOUT

# HOW MUCH SCREEN TIME IS TOO MUCH?



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider

**Binge-watching television, watching YouTube videos for hours, or scrolling on the phone every morning may seem harmless, but research shows that too much screen time may be detrimental to one's health.**

### What is Screen Time?

"Screen time" is a term used for activities done in front of a screen, like watching TV, working on a computer, or playing video games. Screen time can have both benefits and drawbacks depending on age.

- **For children ages 0 to 5**, educational shows and apps can support early learning when watched with an adult, but too much screen time can delay speech, shorten attention spans, and affect sleep
- **Kids ages 6 to 12** may benefit from creative and learning apps, as well as safe social platforms, but too much screen time can lead to less physical activity, behavior issues, sleep problems, and exposure to harmful content without supervision
- **Teens ages 13 to 18** can use screens to learn, connect, and build their identities, but may also face risks like anxiety, depression, poor body image, and less in-person interaction
- **For adults 18+**, screen time helps with staying connected and informed, but overuse can cause eye strain, stress, sleep issues, and a sedentary lifestyle

### Recommended Limits

#### Ages 0 to 5 (Toddlers & Pre-k)

- Under 2 years:  
Avoid screen time, except for video chatting
- Ages 2 to 5:  
Maximum 1 hour per day of high-quality content

#### Ages 6 to 12 (Children)

- 1–2 hours per day of recreational screen time
- Educational or school use not included

#### Ages 13 to 18 (Teens)

- No more than 2 hours per day of recreational screen time
- Schoolwork not included

#### Ages 18+ (Adults)

- Less than 2 hours per day of recreational screen time
- Take regular breaks for work-related use