

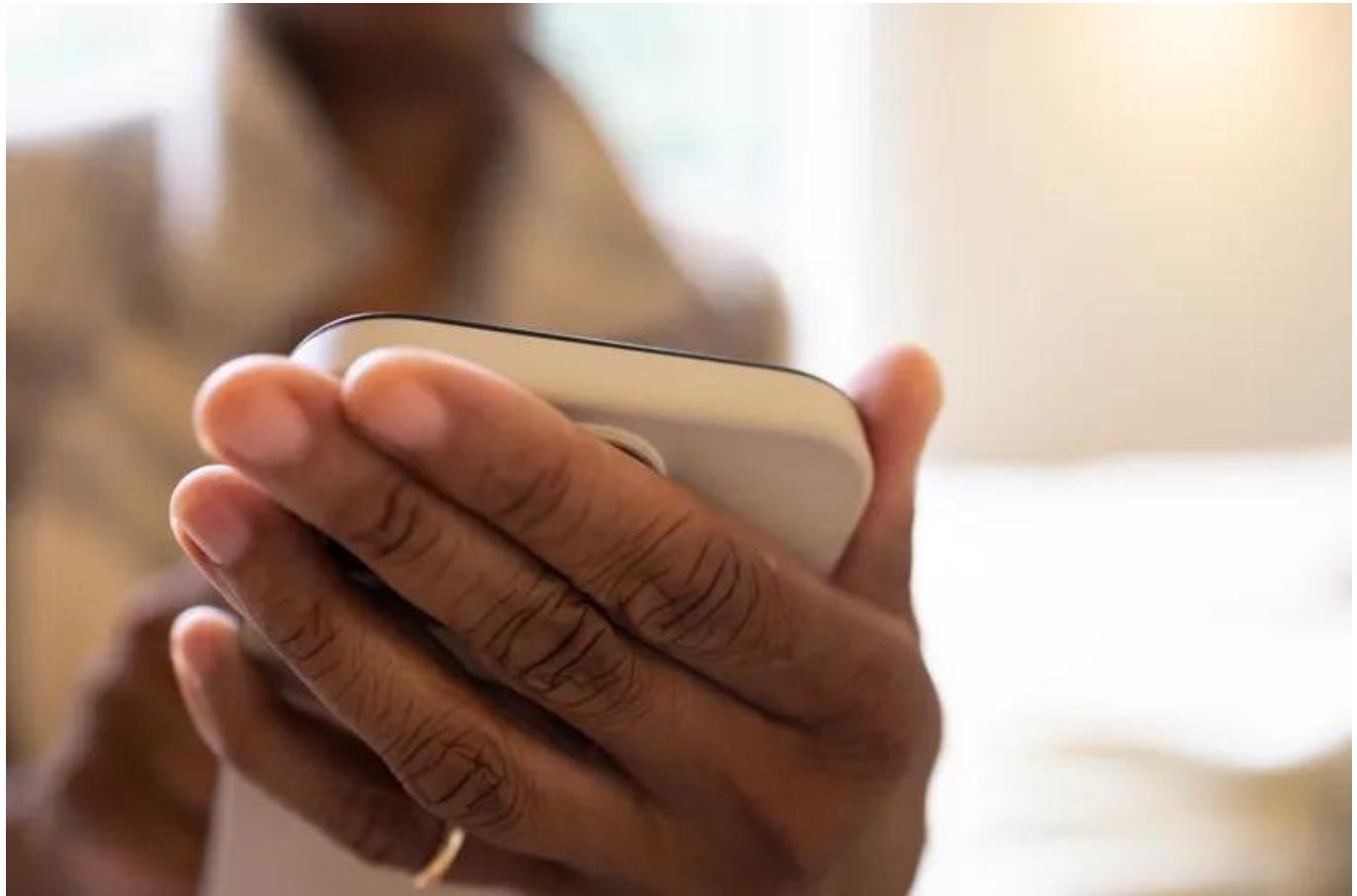
Today, digital devices with screens can be found everywhere. However, some studies show that it is better for adults to limit time for such gadgets up to two hours a day, and children - up to an hour or less on school days.

Here are a few unpleasant consequences that occur if you spend too much time on the Internet.

Changes in the brain. According to studies, people who sit a lot in front of the screens for entertainment purposes (more than two hours a day for adults) are more often faced with the thinning of the cerebral cortex, which controls the solutions, making solutions and solving problems, reducing the volume of gray matter, a higher risk of stroke, dementia, Parkinson's disease.

Sleep deterioration. The light from the screens disrupts the circadian rhythms of the body and complicates the production of melatonin. This leads to problems with falling asleep.

Deterioration in concentration and focusing. You can replace that it becomes more difficult for you to concentrate.



Katherine McQueen / Getty Images

Mind of mood. According to studies, a long stay on the Internet, especially on social networks, enhances sadness, anxiety, depression, thoughts of suicide.

Eyes and neck problems. Those who spend more than 30 minutes a day behind video games are more likely to suffer from dizziness, headaches, pain in the neck, and eye overstrain.

Weight gain. If you spend more time in front of the screen than you spend on cooking healthy food or sports, then this can affect your body.

News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.