

Ladies and gentlemen,

Today, I invite you to consider the impact of excessive screen time on our lives and the benefits of reducing it. Did you know that, on average, adults now spend about 11 hours a day engaging with screens? That's nearly half of our waking hours!

Studies have shown that excessive screen time is linked to a 30% increase in the likelihood of experiencing sleep disturbances. Over time, this can lead to chronic sleep deprivation, affecting our productivity and overall health.

For children, the statistics are even more striking. Research indicates that children aged 8 to 12 spend approximately 4 to 6 hours a day on screen-based activities. This is associated with a 10% decrease in academic performance and social skills.

But it's not all daunting. Reducing screen time by just one hour a day has been shown to improve sleep quality by 20% and increase daily physical activity by 15%. This shift enhances mental and physical well-being, fostering healthier habits.

In conclusion, by taking minimal steps to cut down on our screen usage, we can reclaim valuable time for activities that build stronger relationships and improve our health. Let's challenge ourselves to enjoy more screen-free moments and rediscover the world around us. Thank you.