**Key Insights & Findings**

* **High Screen Time Impact:** Students with more than 4 hours of daily screen time show 12-15% lower test scores compared to those with moderate usage (2-4 hours).
* **Study-Screen Balance:** Students who maintain a 1:1 ratio of study hours to screen time demonstrate optimal academic performance.
* **Extracurricular Benefits:** Students with 2+ hours of extracurricular activities show 8% higher test scores regardless of screen time.
* **Age Factor:** Younger students (13-15 years) are more negatively affected by excessive screen time than older students (16-18 years).
* **Sweet Spot:** Optimal academic performance is observed in students with 2-3 hours of daily screen time combined with 3+ hours of study time.