**The Influence of Digital Device on Brain Health**

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The usage of digital device prominently computer and mobile phone has been booming and it is a quite significant part of our life. But inherently people are not used to this technological approach in our daily life. To analyze the influence of digital devices, the data is sourced from secondary entities from various academic articles and journals. By examining the data, this study has figured out that the use of digital devices has a substantial impact on cognitive function and psychological well-being, depending on screen time and digital activities. Previous studies had suggested that brief exposure to online search engine training could improve white matter integrity in the right superior longitudinal fasciculus, most likely because of enhanced myelination. But too much time in front of a screen might interfere with sleep, which can harm one's memory and conduct. Furthermore, several studies show that those who are addicted to the internet or games experience grey matter atrophy. In conclusion, the influence of technology on our brain health is substantial bringing about advantages well as drawbacks. Although gadgets such as smartphones and computers can improve our skills and connections with others, excessive usage may have impacts on our mental functions. It is essential to grasp this equilibrium particularly as we incorporate technology into our routines.

**Keywords**: Digital device, Brain health, screen time, technology, longitudinal fasciculus.