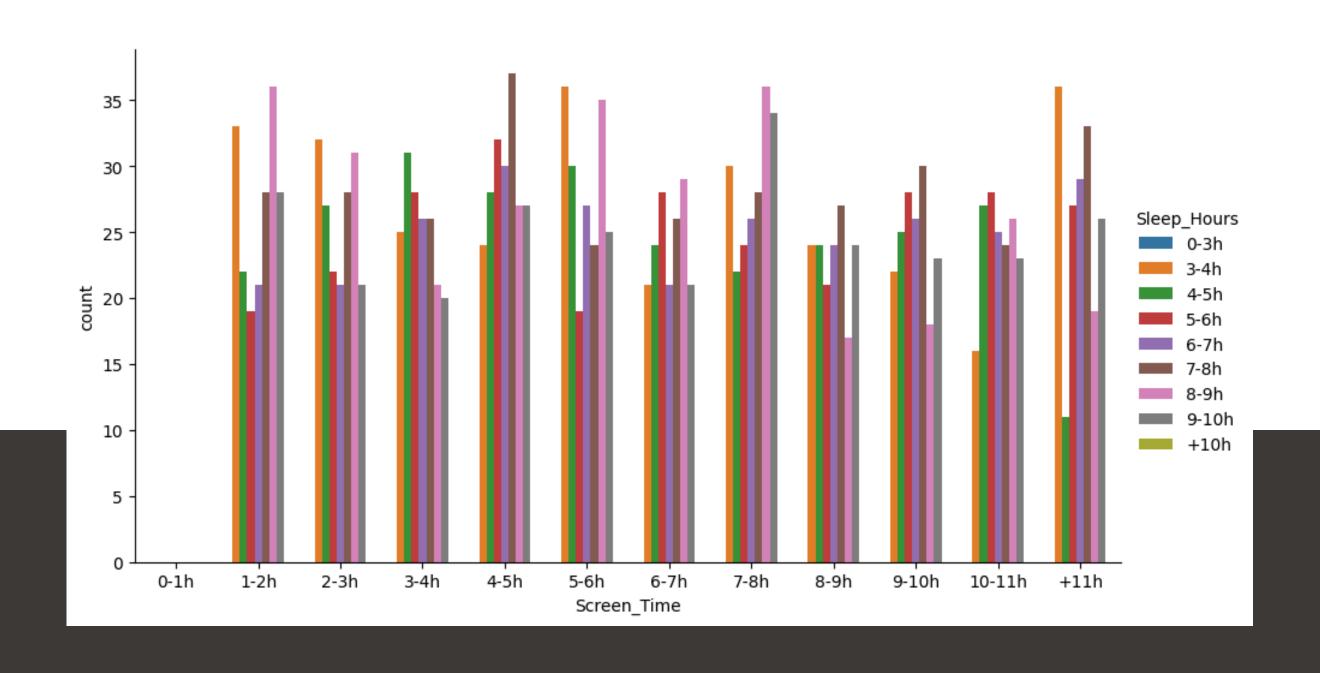
SCRENTIME PERJUDICAALASALUDMENTAL?

Yan Jun Chen Ye

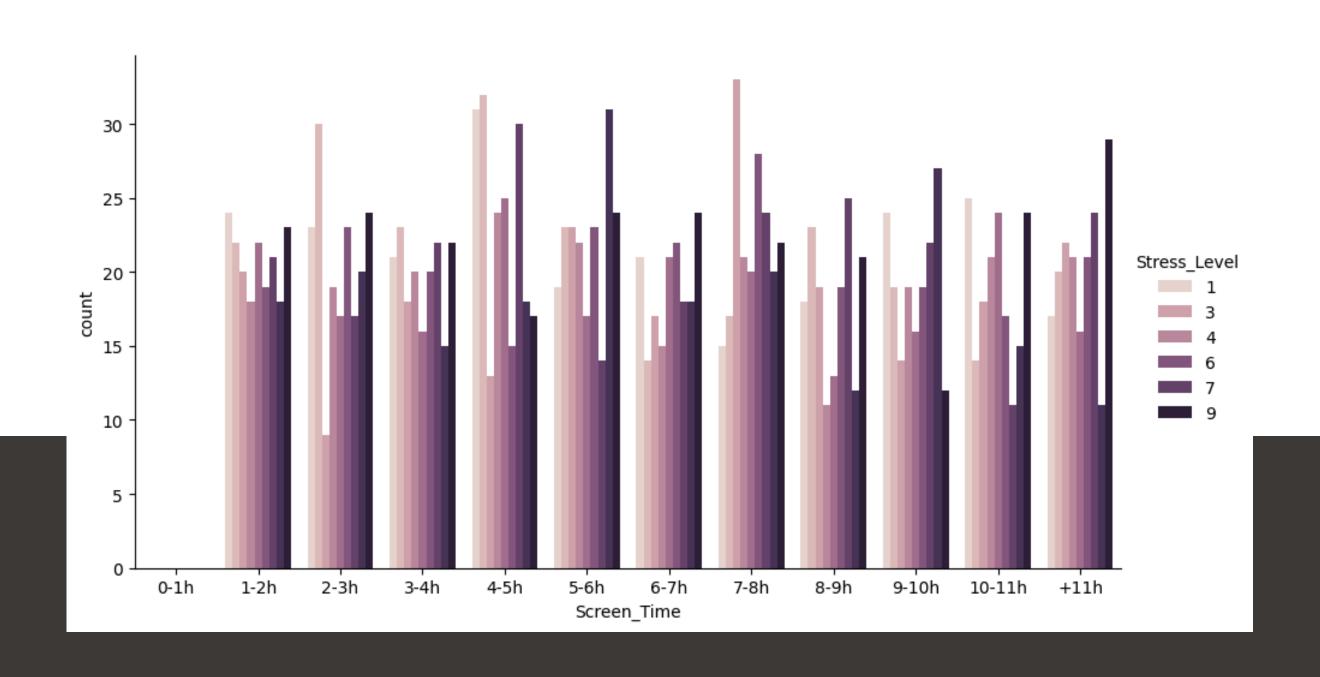
¿QUÉ ES EL SCREENTIME?

Week	Day
SCREEN TIME	
Daily Average	
2h 47m	
	6h
	av
S M T W	T F S
	Information & Readin 1h 24m
Total Screen Time	11h 11r
Updated today, 9:00 AM	
LIMITS	
Social	2 hr
MOST USED	SHOW CATEGORIE
Messages	1h 56m
Safari	1h 47m
	111 47111

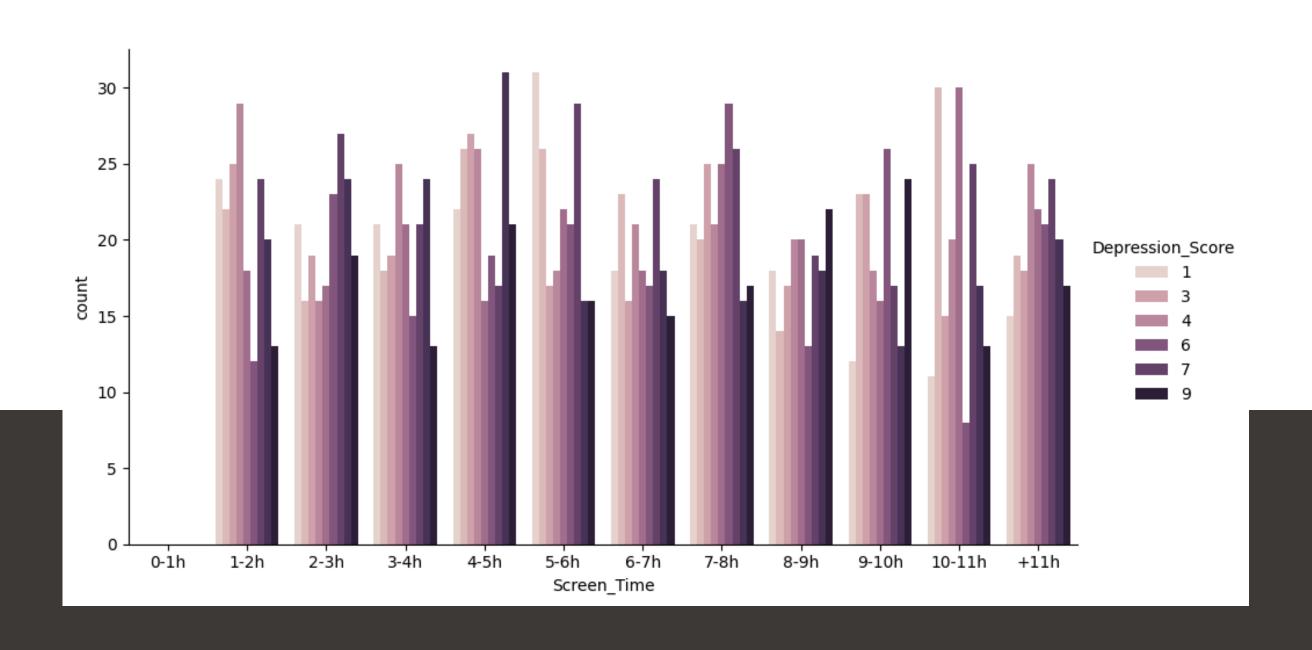
¿AFECTA A LAS HORAS DE SUEÑO?



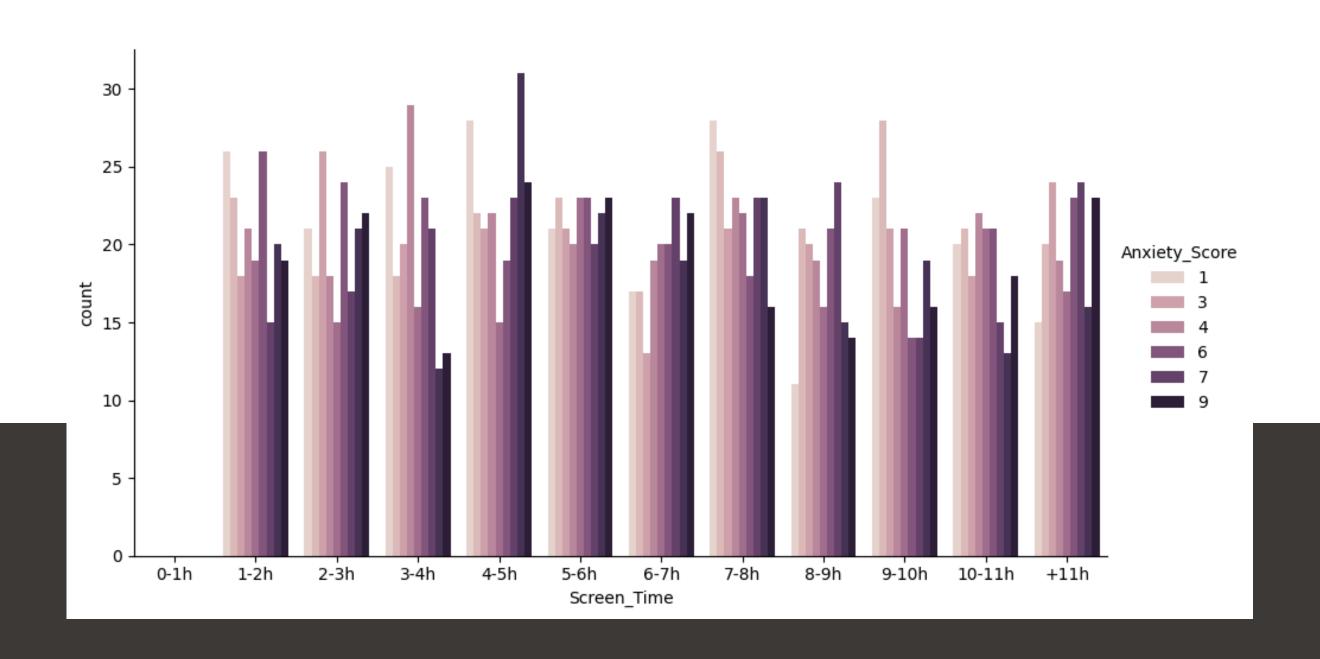
¿AFECTAAL ESTRÉS?



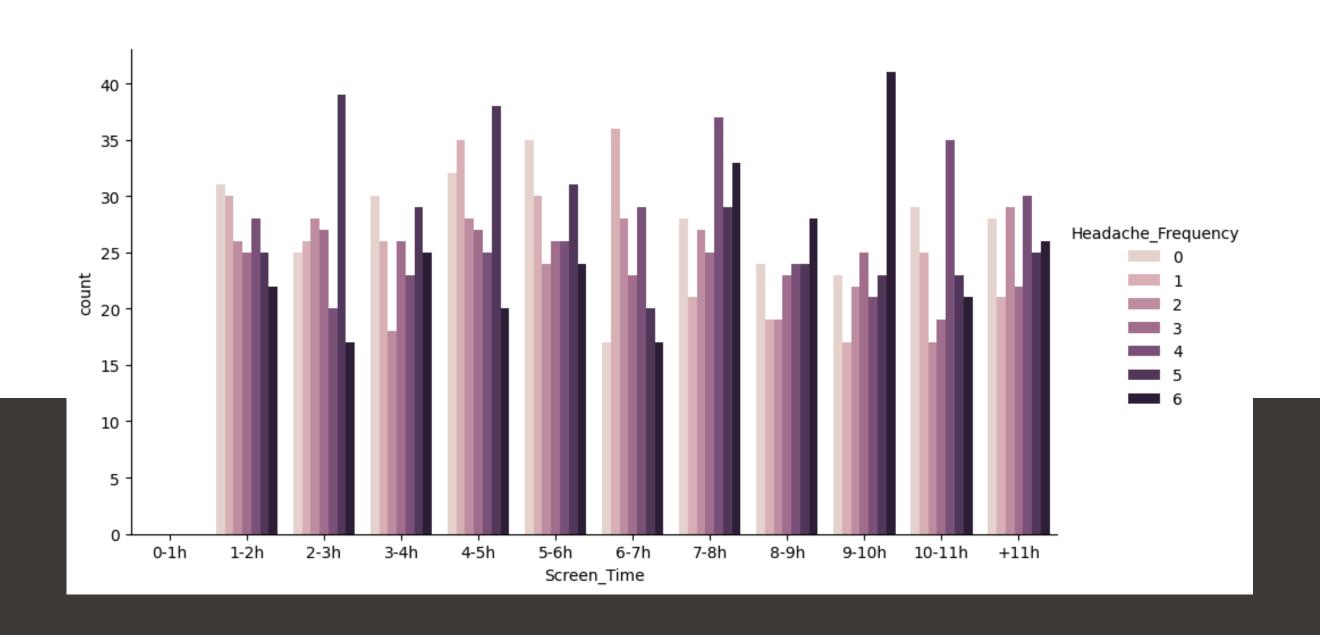
¿AFECTAALADEPRESIÓN?



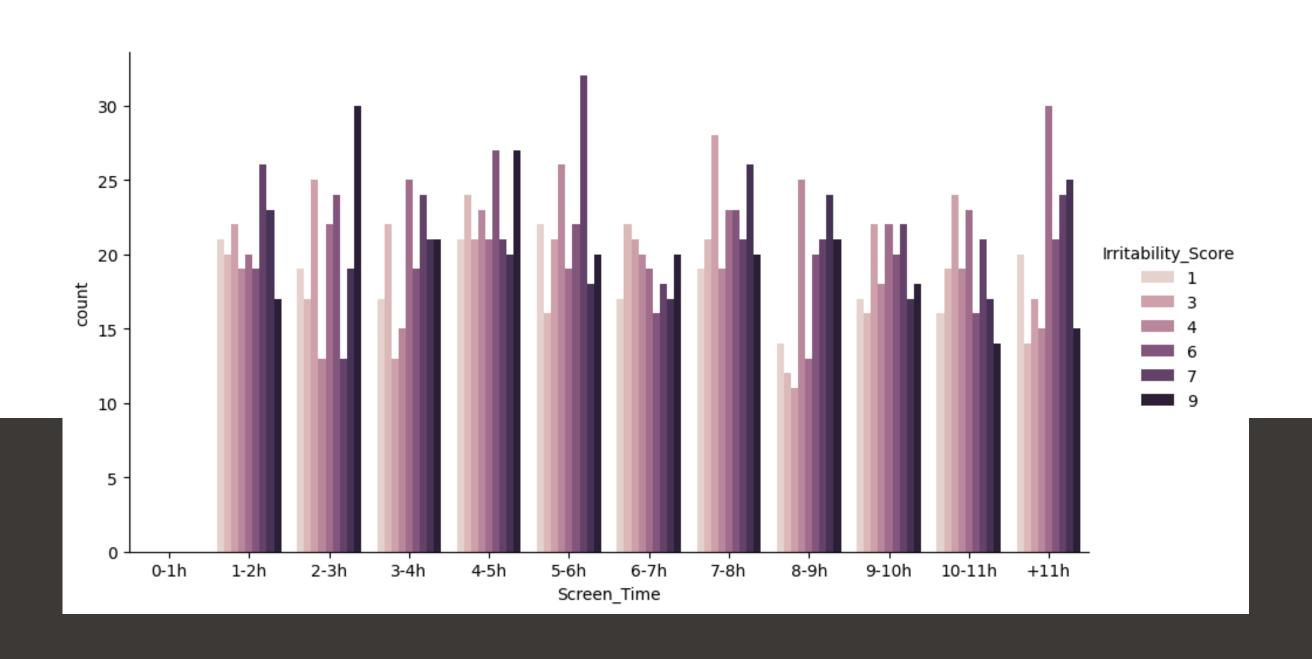
CAFECTAALANSIEDAD?



¿AFECTA AL DOLOR DE CABEZA?



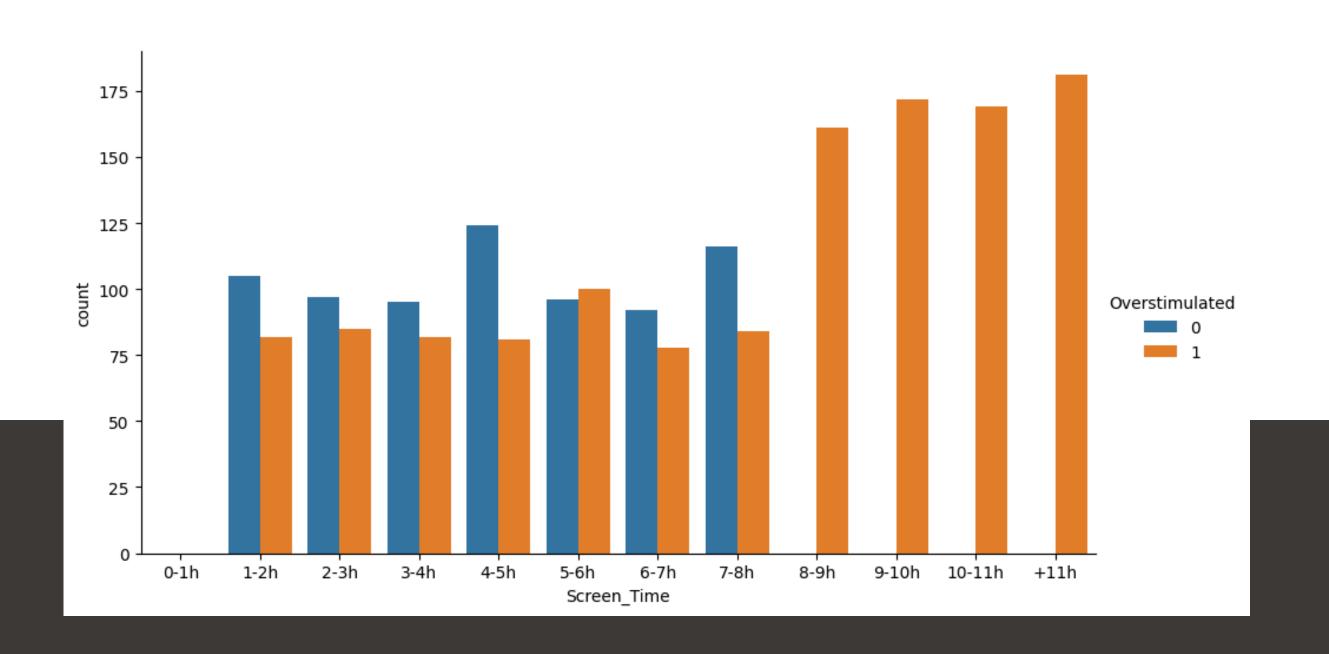
¿AFECTAALAIRRITABILIDAD?



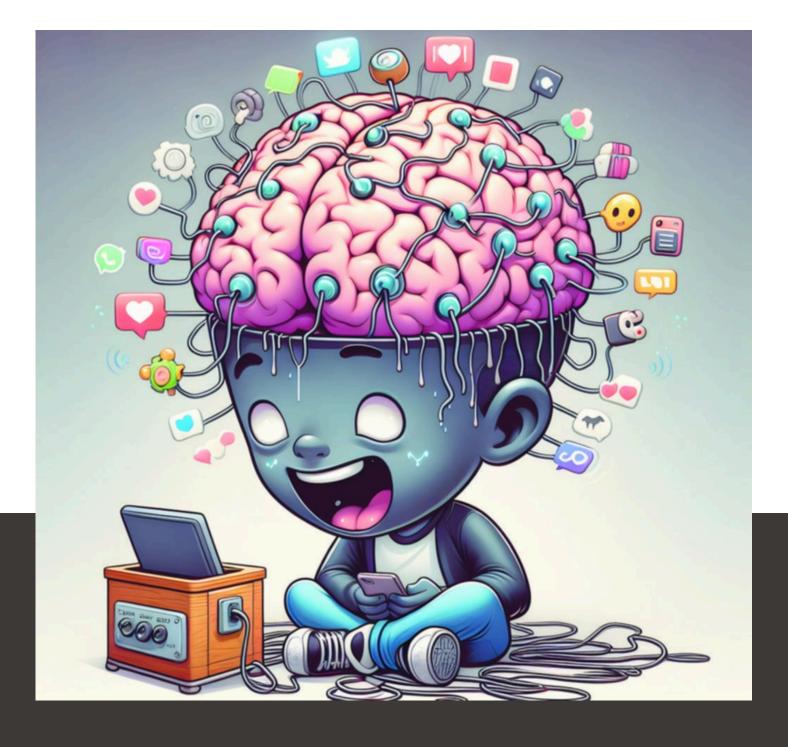
¿YEN QUÉ AFECTA?



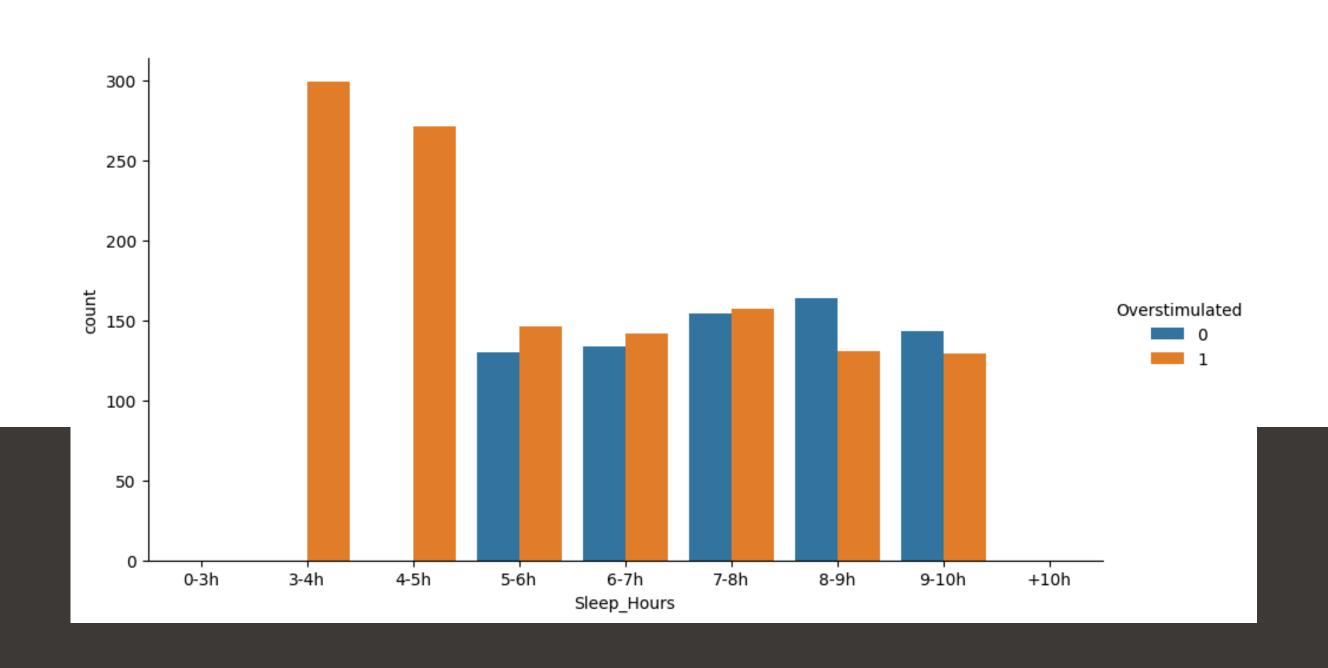
ALASOBRESTIMULACIÓN



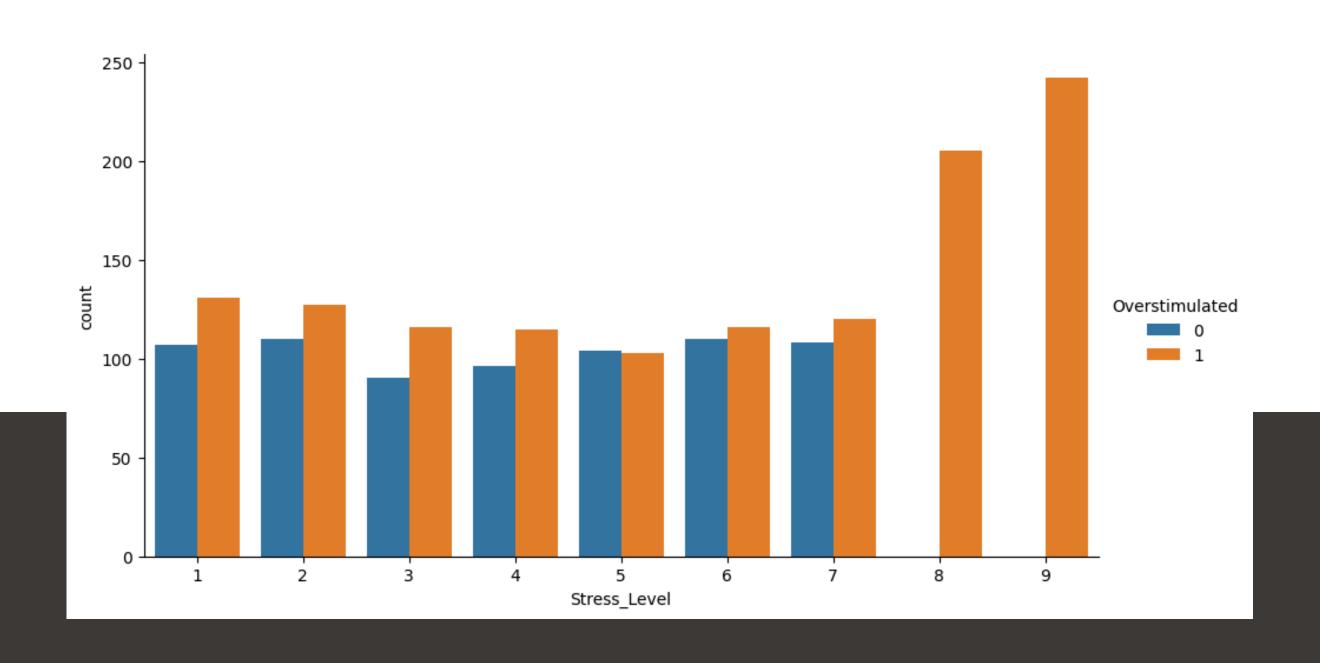
¿Y QUÉ ES LA SOBREESTIMULACION?



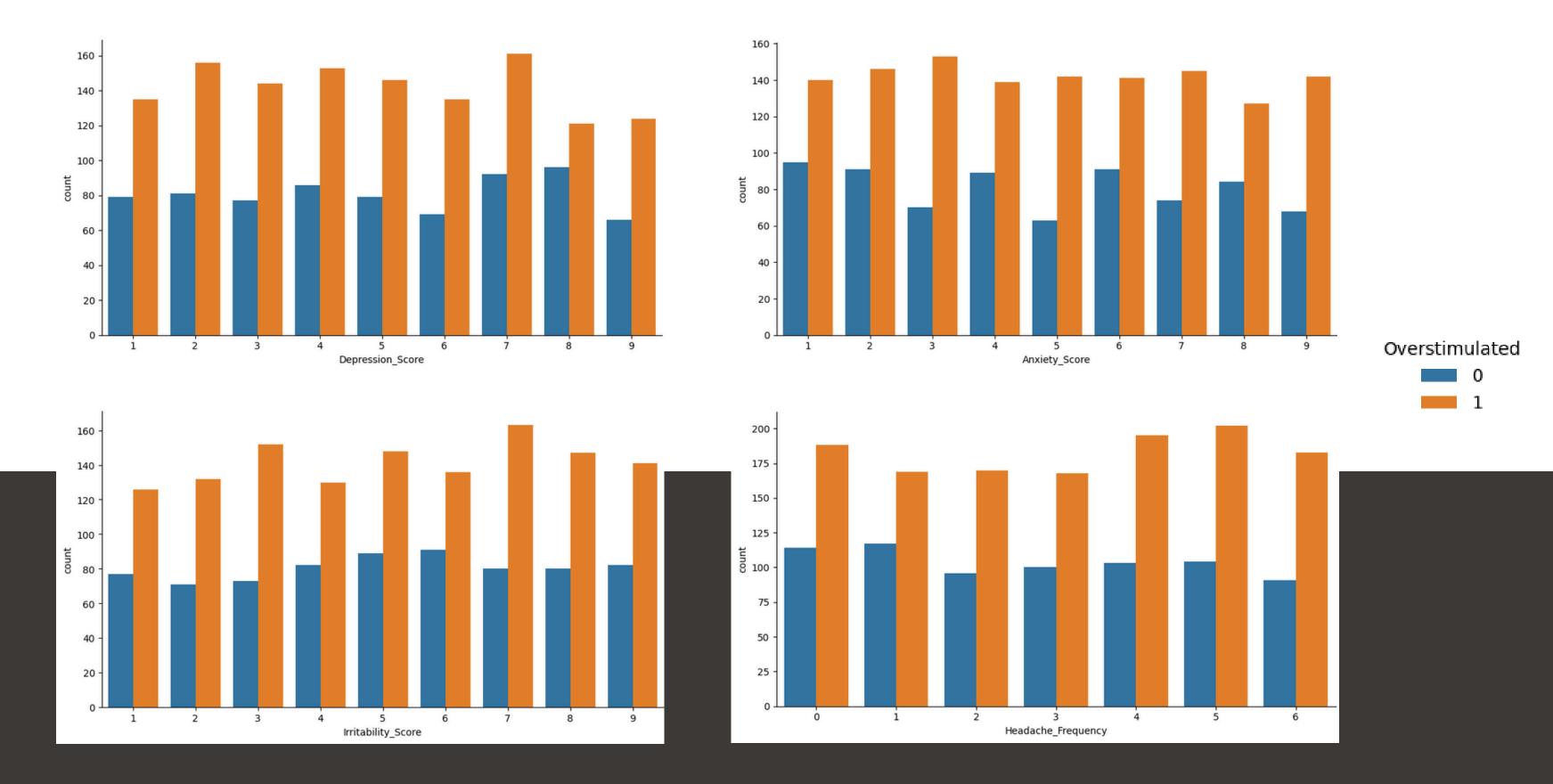
AFECTAALAS HORAS DE SUEÑO



AFECTAAL ESTRÉS



NO AFECTAA:



CONCLUSIÓN

No perjudica directamente a la salud mental.

GRACIAS POR SUATENCIÓN