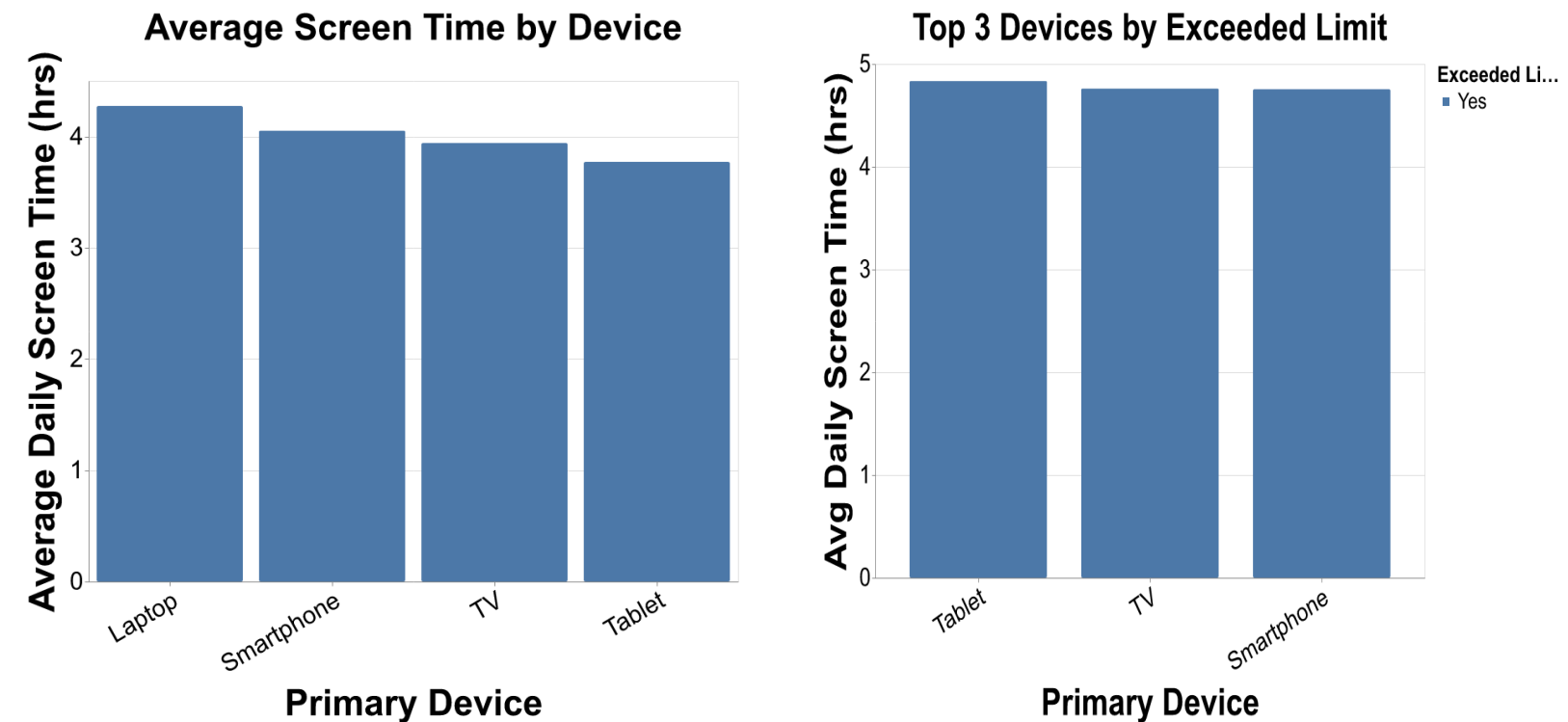


Do Smartphone Screen Times and Gender Differences Shape Health Risks?

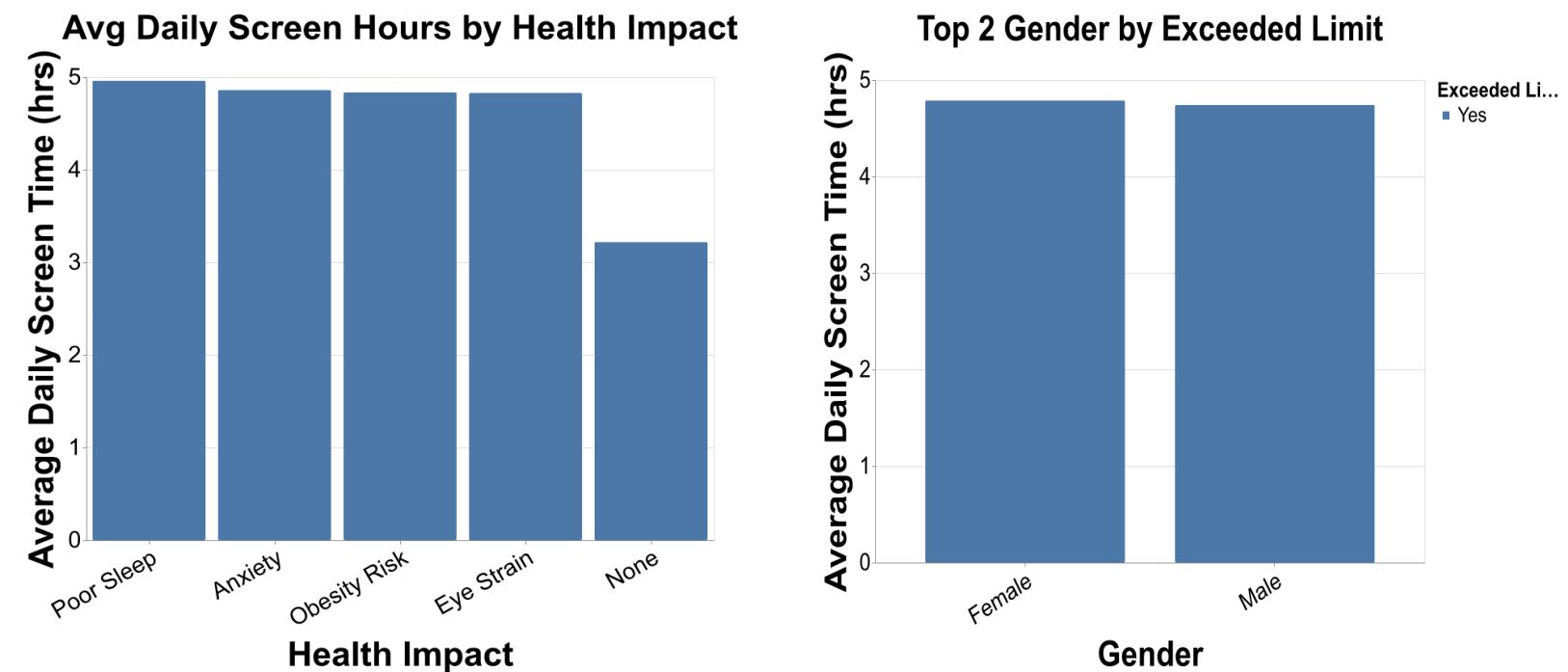
INTRODUCTION

Average daily screen time varies by device, with laptops leading at over 4 hours. This analysis explores screen time, health impacts, and gender differences in exceeding limits. It highlights key health risks linked to excessive use of tablets and smartphones.

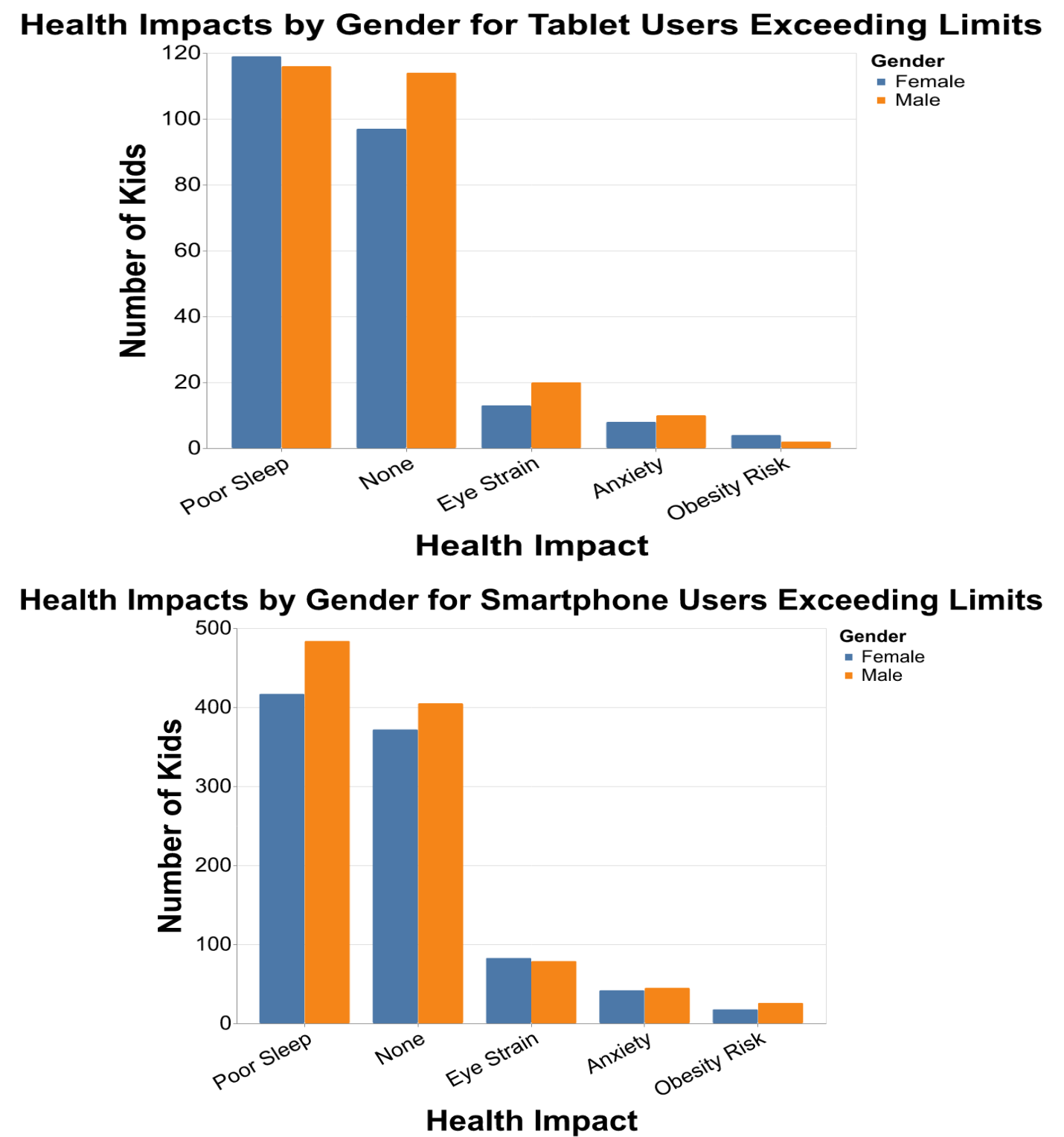
01 Smartphones dominate average screen time and lead in exceeding usage limits.



02 Screen time varies by health impact, with certain genders exceeding limits more.



03 Health impacts differ by gender between smartphone and tablet users exceeding limits.



CONCLUSION

Smartphones have the highest average daily screen time among devices. Health impacts from screen time vary significantly between genders. More females exceed usage limits on smartphones, while males do so on tablets. Excessive screen time poses distinct health risks linked to device type and gender.