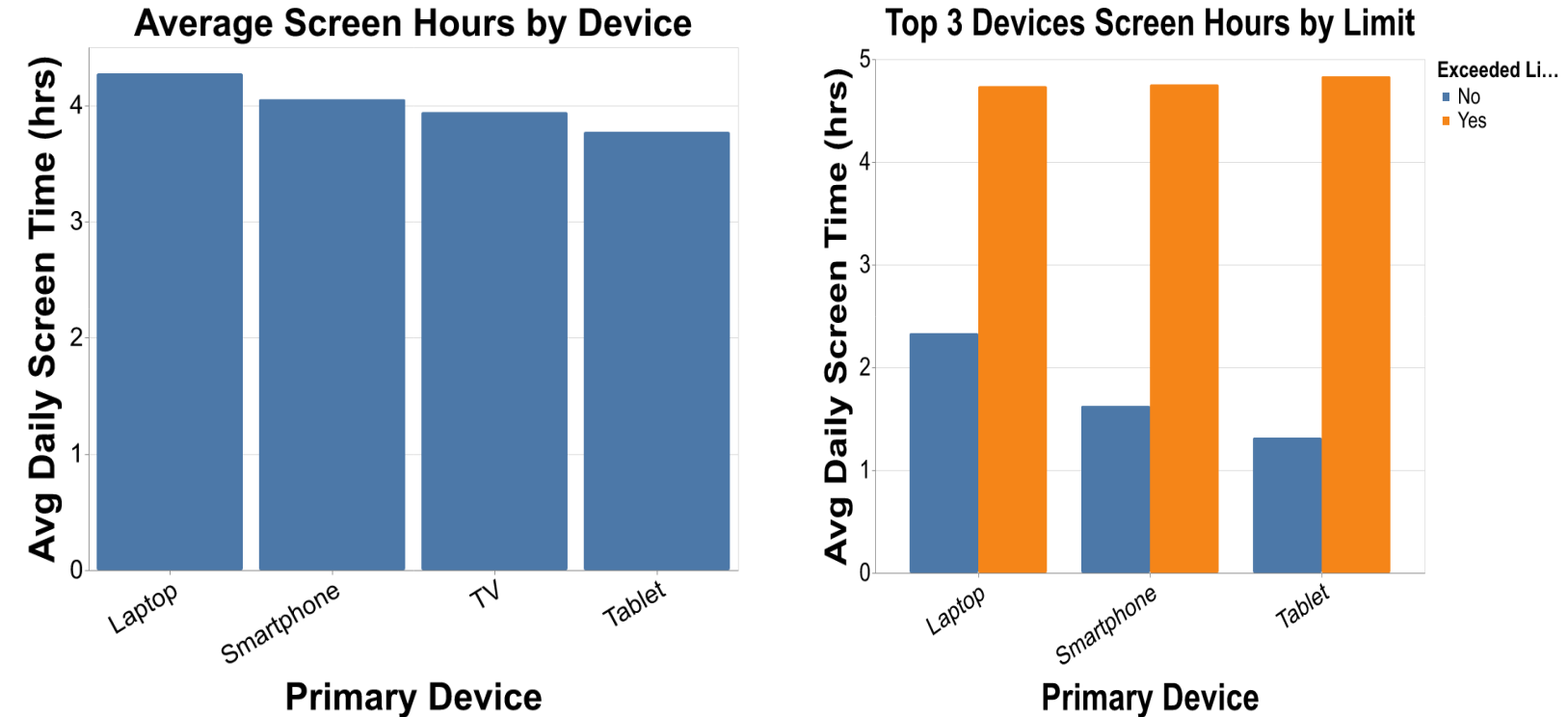


Does Laptop Screen Time Drive Anxiety and Sleep Issues More Than Tablets?

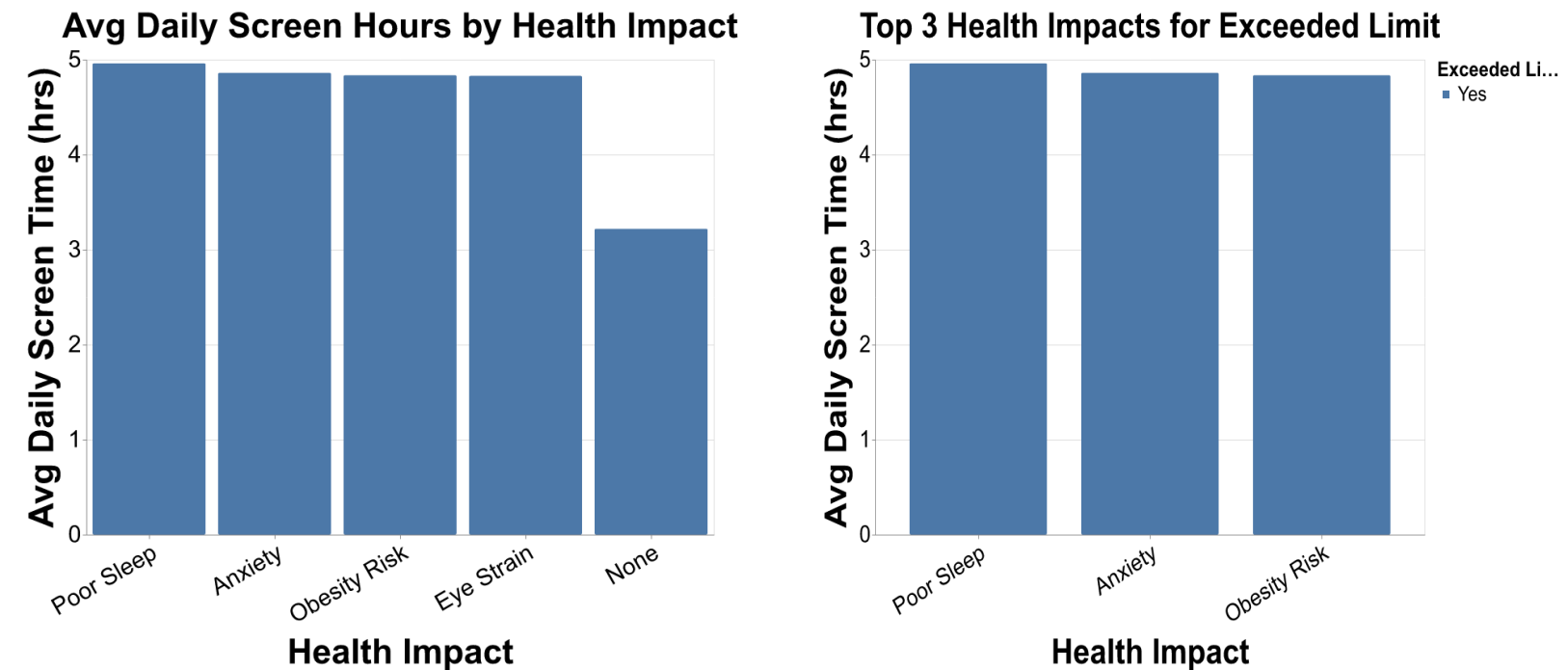
INTRODUCTION

Average daily screen time varies by device, with laptops used the most. This poster explores screen time, device type, and related health impacts. Data includes usage limits and health effects like anxiety and poor sleep.

01 Screen time varies by device, with top devices showing distinct usage by limit status.

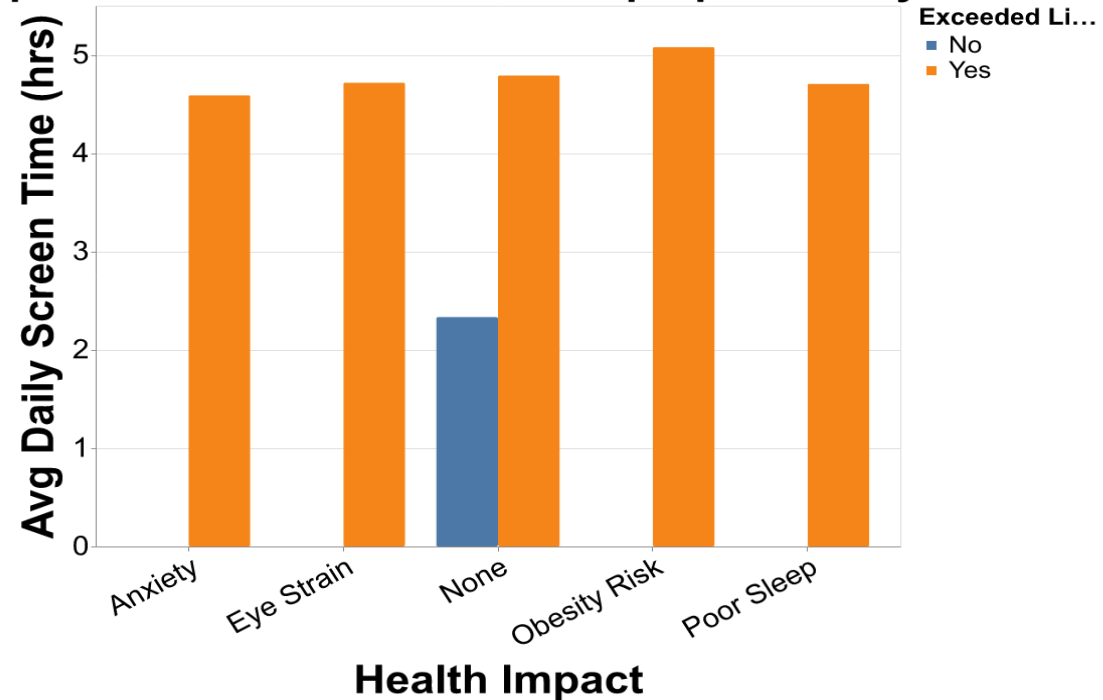


02 Health impacts correlate with screen time, highlighting key issues when limits are exceeded.

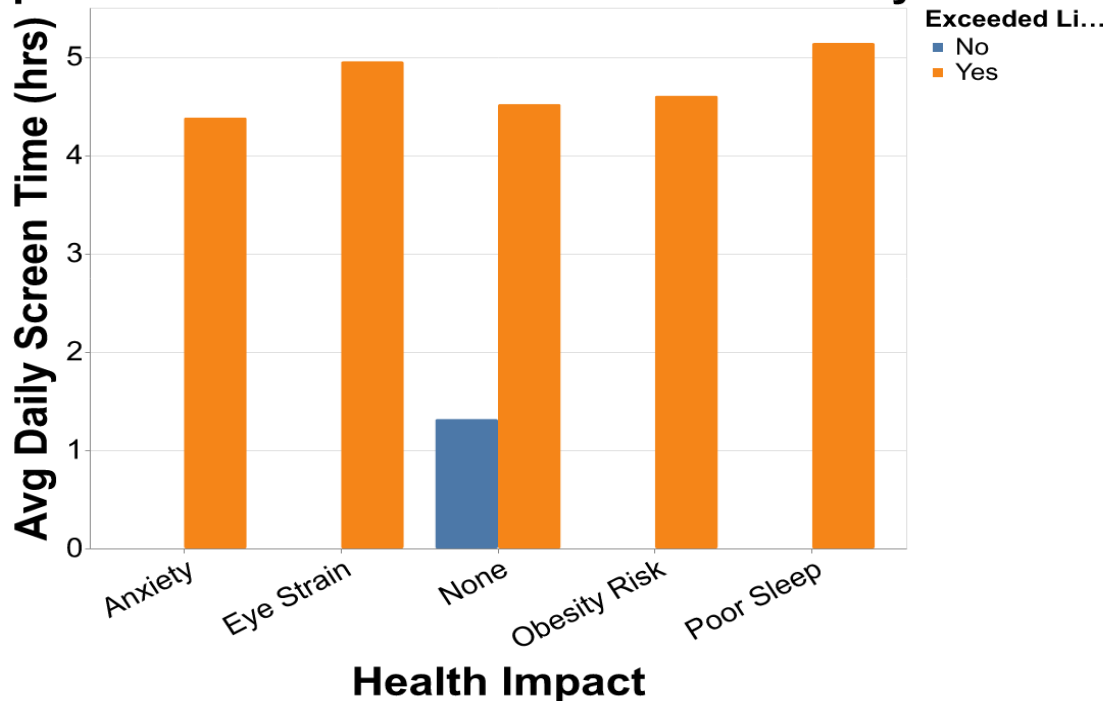


03 Laptop and tablet users show different health impact patterns based on screen time limits.

Health Impacts and Screen Time for Laptop Users by Limit Status



Health Impacts and Screen Time for Tablet Users by Limit Status



CONCLUSION

Screen time differs significantly across devices, with laptops leading usage. Exceeding screen time limits increases risks of anxiety and poor sleep. Health impacts vary between laptop and tablet users based on screen time. Managing device usage can help reduce negative health effects.