# How Does Gender Influence Screen Time's Impact on Sleep and Anxiety?
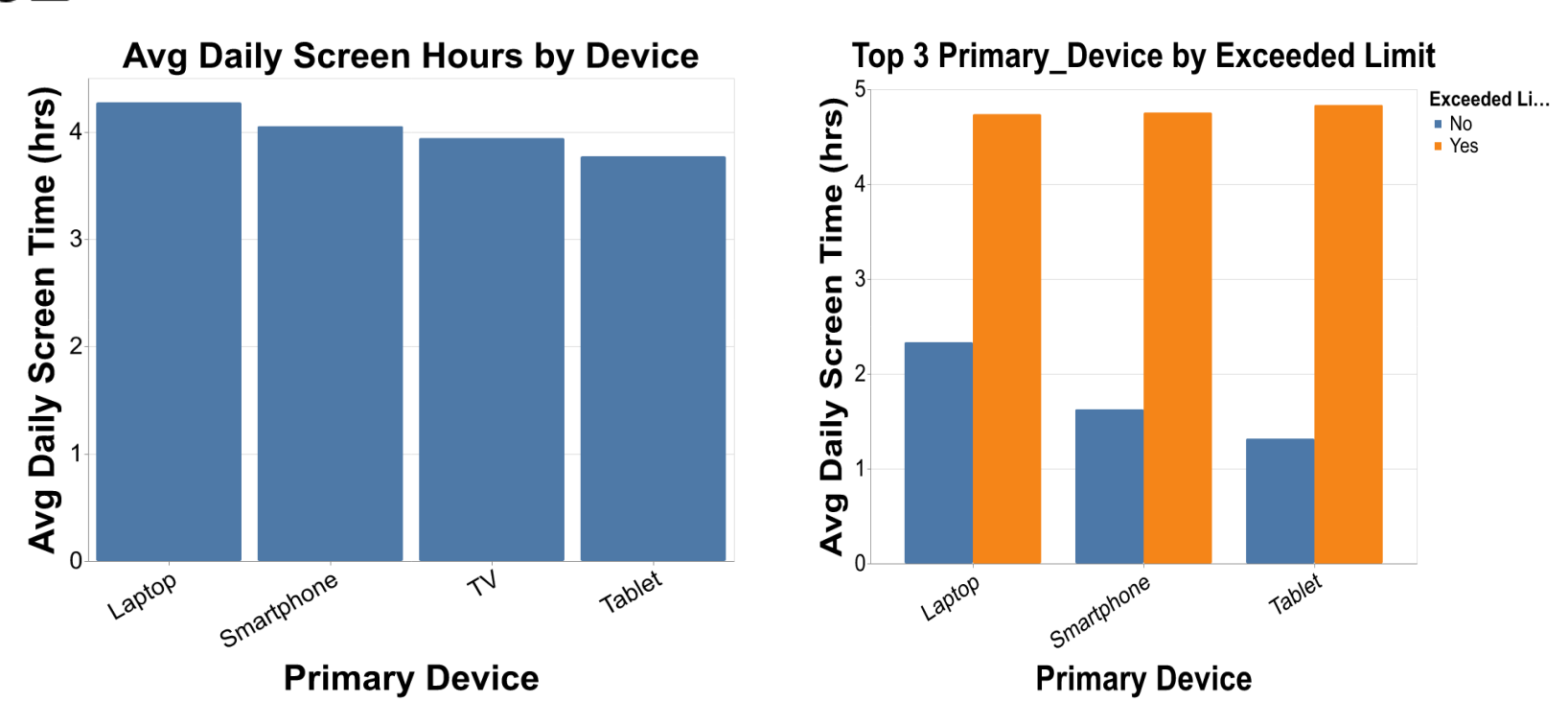
INTRODUCTION

Screen time averages nearly five hours daily for users with health impacts like poor sleep. This poster analyzes screen time by health impact, gender, and device usage patterns. Data reveals device preferences and screen time differences linked to health and gender.

01 Screen time varies significantly across different health impact categories.

Screen Time by Health Impacts

Top 3 Health Impacts by Gender
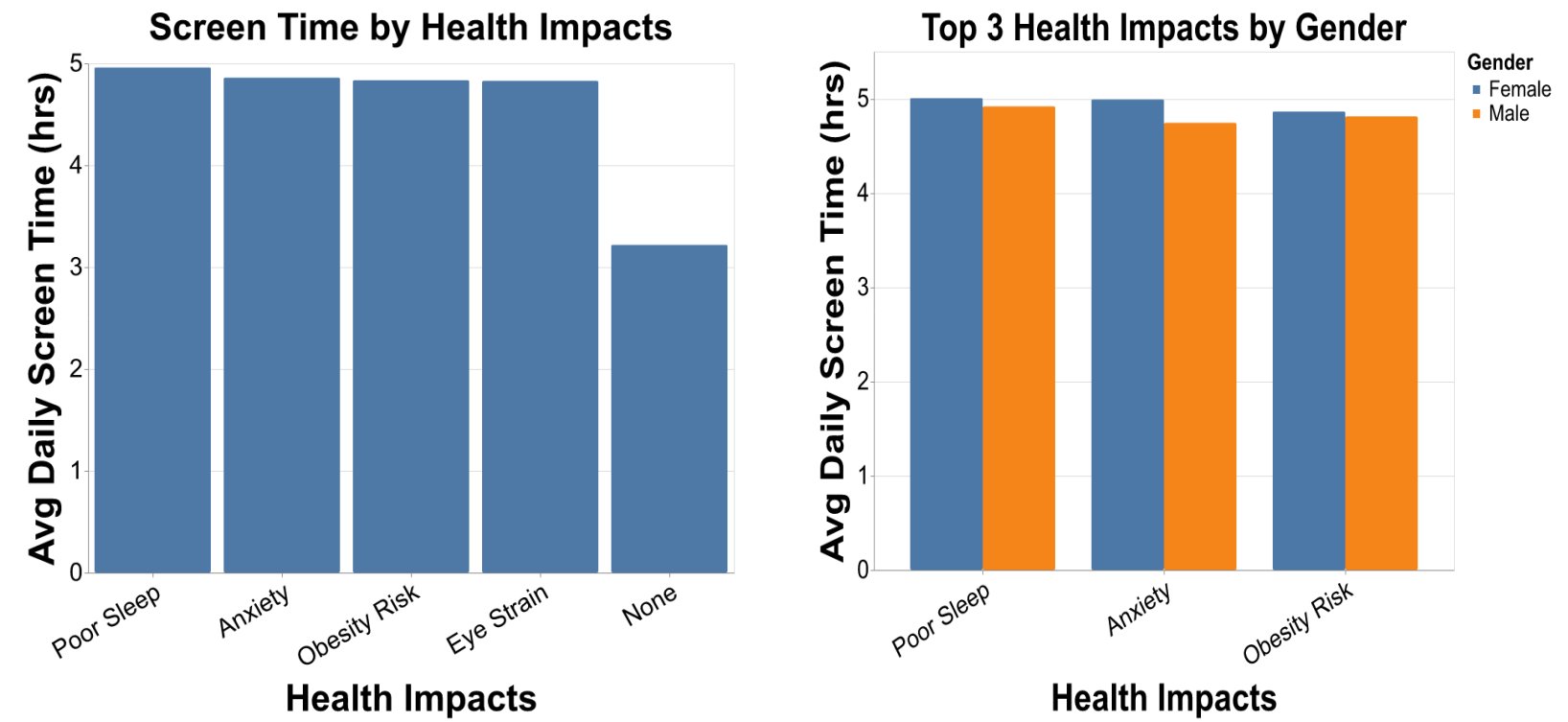
02 Certain devices have higher average usage and more users exceeding screen time limits.

Avg Daily Screen Hours by Device

Top 3 Primary_Device by Exceeded Limit

03 Device usage by gender differs notably for poor sleep and anxiety health impacts.

Primary Device Usage by Gender for Poor Sleep Impact

Primary Device Usage by Gender for Anxiety Impact
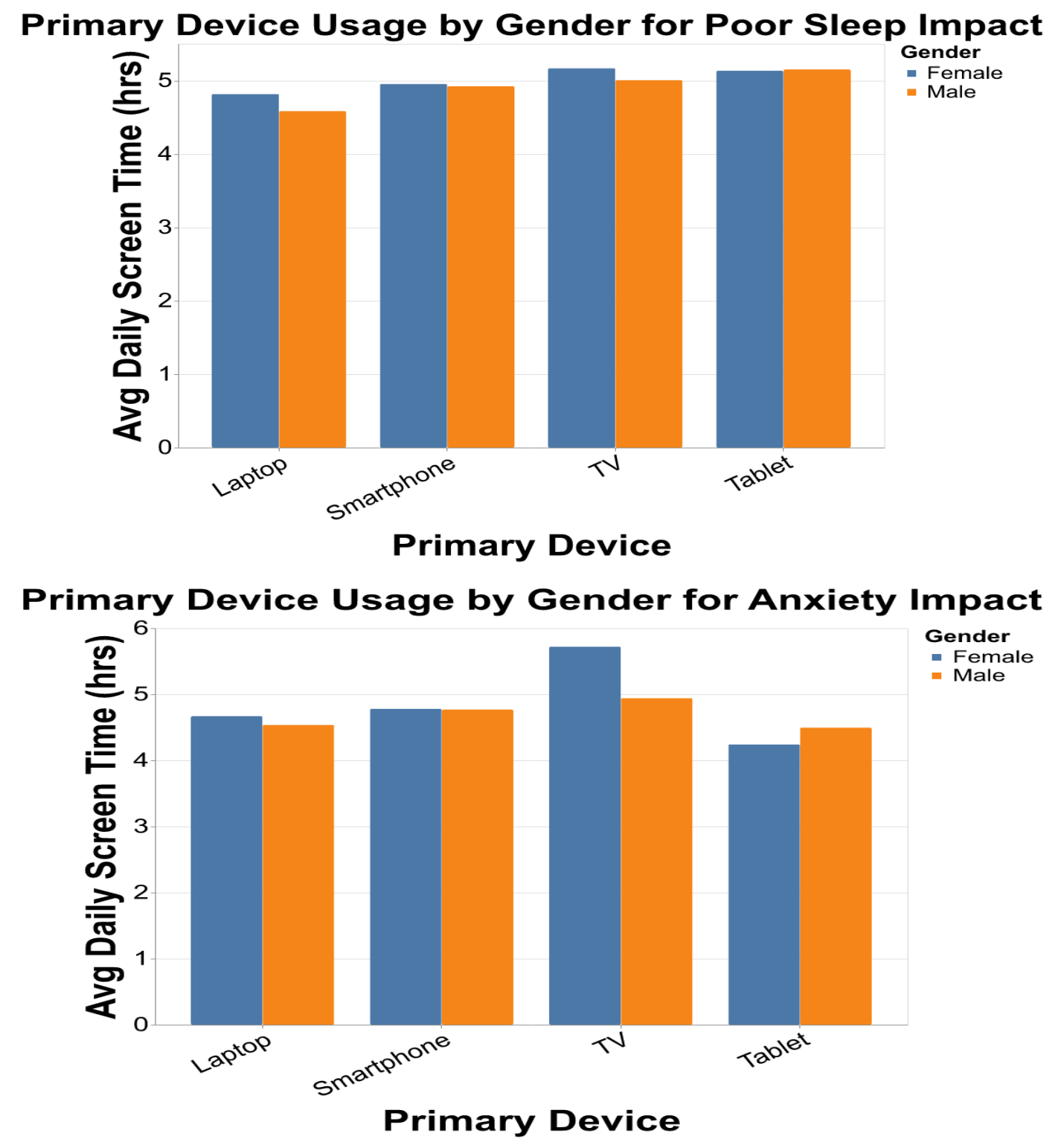
CONCLUSION

Screen time differs greatly among various health impact categories. Some devices show higher average use and more limit exceedances. Gender influences device usage patterns for poor sleep and anxiety impacts. These findings highlight the link between screen time, health, and gender.