

DAILY SCREEN TIME

HOW DOES IT EFFECT YOUR HEALTH & BREATHING

In our tech-driven daily lives, screens are *everywhere* and much of our time is spent staring, swiping, or typing. But with this increased screen use comes “screen apnea.” This infographics explores how daily screen time can affect your breathing, posture, sleep, and overall physical health and offers simple strategies to reclaim deeper, healthier breaths.

WHAT IS “SCREEN APNEA”?

“Screen Apnea” is a phenomenon where we unknowingly start breathing more shallowly whenever we focus intently on a screen. This subtle shift may contribute to fatigue, reduced lung capacity, and other health issues over time.

80%
of people experience screen apnea



20%
who didn't were trained in breathing/posture (athletes, musicians, dancers, pilots)

WHY IT HAPPENS

* People unconsciously hold their breath or breathe shallowly while concentrating on emails/social media

* Poor posture (hunched over screens) prevents belly expansion, forcing shallow chest breathing

* Shallow breathing increases stress signals to the brain → fatigue, anxiety, poor focus



HEALTH CONSEQUENCES

Chest breathing and mouth breathing linked to higher stress, sleep problems, asthma, and even long-term health risks

Natural, deep breathing helps regulate emotions, lower stress, and improve decision-making

WHAT EXPERTS ARE SAYING

“I would inhale in anticipation, but I wouldn't exhale because so many emails would be streaming in.”
-Linda Stone, former Microsoft executive

“Poor breathing is what you see when you look at 90% of the population.”
-James Nestor, author of *Breath: The New Science of a Lost Art*

SOLUTIONS AND TIPS

Check awareness → pause a few times daily, notice if you're holding your breath

Model good breathers → observe dogs or infants for natural belly breathing

Movement & hobbies → instruments, dance, or posture-based activities retrain breathing

Screen breaks → step away, take deep breaths – good for both nervous system and health

Apps → breathing apps (Breathing App, Breathing Zone) can guide rhythm

Exercise → try a simple “three-part breath” (inhale nose 5-6 seconds belly → chest; exhale nose 5-6 seconds)

FOR MORE INFO: [NPR SCREEN APNEA](#)