



Mental Health: Digital Detox Week

Constant digital stimulation increases stress, disrupts sleep, and worsens attention. Mental overload affects emotional and metabolic health. A digital detox resets nervous system balance. Reduced screen time improves recovery.

Excess screen exposure increases dopamine volatility, cortisol levels, and sleep disruption. This worsens insulin resistance and emotional regulation.

Lab trends often show elevated stress markers and blood pressure in individuals with heavy digital consumption.

Scheduled technology breaks improve mood, sleep quality, and lifestyle adherence.

01 Is This Your Story?

A patient spends late evenings scrolling and experiences insomnia and anxiety. After implementing a one-hour screen-free rule before bed, sleep improves. Over weeks, morning energy, focus, and blood pressure stabilize. The patient finds more time for physical activity and meal preparation.

02 Try This Today

Measure: Track daily screen time for one week.

Do: Create one screen-free hour today.

Reflect: Ask whether technology serves your life or consumes it.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

