



64% of Americans own a smartphone

Pew Research Center, 2014

4.5 hours

average time teens spend per day on smartphones

Common Sense Media



41.5

average number of text messages Americans send or receive per day

Pew Research Center



55

average number of texts teens send per day

Common Sense Media

3-5 hours

average time Americans spend per day on mobile devices

eMarketer, Informato Mobile Intelligence



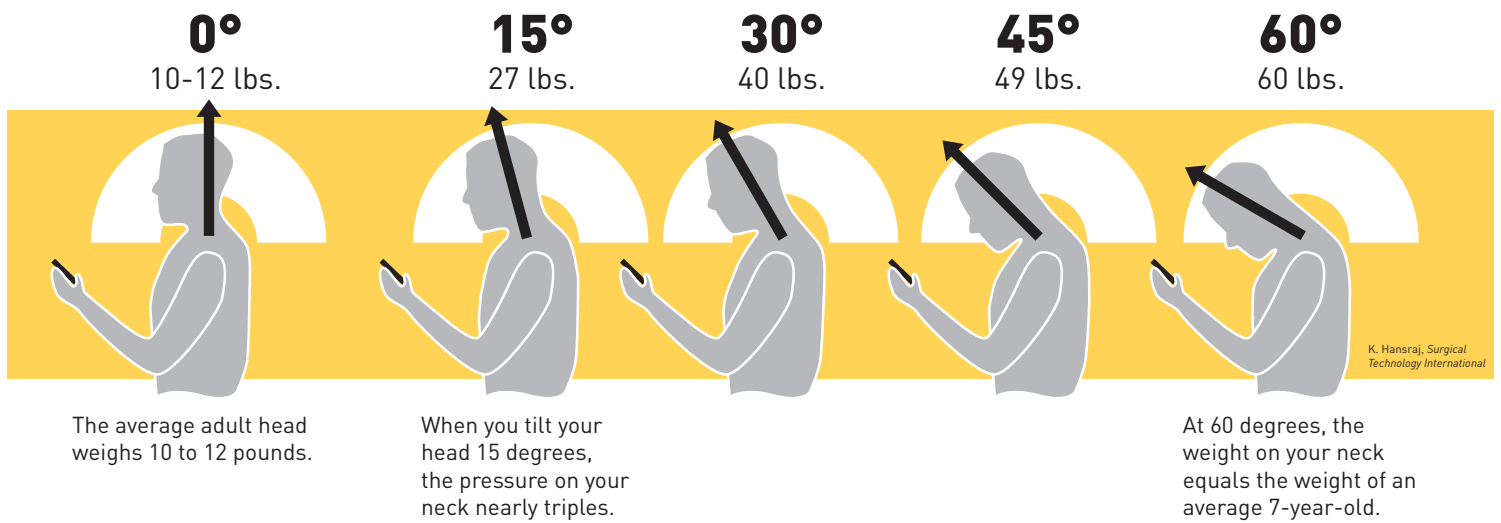
#checkyourneck



Heads up!



Frequently bending your neck for long periods of time to look at a smartphone, tablet, or other device can cause headaches, muscle strain, pinched nerves, and even spinal degeneration.



My aching head!

- Many headaches are caused by increased pressure on the neck, made worse by bad posture.
- Slumping forms knots in your neck muscles, which release chemicals that make nerves more sensitive to pain.
- 40 percent of people suffer a headache at least once a week; 67 percent get one once a month or more.
- Tension headaches typically last from 30 minutes to two days.

What can you do?

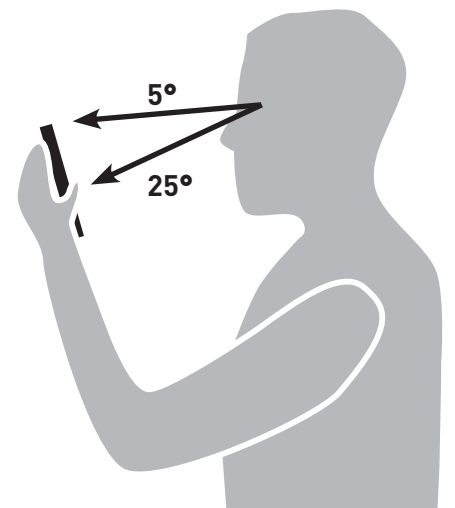
- Limit leisure screen time to two hours or less a day.
- Adjust screen height so head doesn't tilt forward or back.
- Choose a tablet case that provides for optimal viewing angles.
- Use a keyboard and monitor, not laptop, when working for long periods of time.
- Alternate tasks and positions throughout the day.
- Improve balance and posture with dynamic warmups and core strengthening exercises. www.youtube.com > saif corporation > strengthen and lengthen
- Manage chronic stress.

Good posture: ears aligned with shoulders; rib cage lifted

- Elevates testosterone and serotonin
- Reduces stress hormones
- Is linked to personality traits such as confidence and extroversion

Poor posture: head tilted forward; shoulders dropping forward and rounded

- Can reduce lung capacity by as much as 30 percent
- Is linked to headaches, depression, constipation, and heart disease



Optimal viewing angle:

The top of the viewing area should be 5 degrees below horizontal eye level, with the center of the screen 25 degrees below horizontal eye level.