He to 16 spend an average of

[Entertainment](#), [Games](#)

he short answer to " does technology affect our brain?" is yes. Technology affects our memory, our attention, what we focus on, how we focus on it, and our sleep cycles. Studies have shown that more than 1 hour of constant screen time is bad for you. How is too much screen time bad for you? Let's take a look at the figures.

Nearly ? of 12 to 15 year olds spend at least 2 hours of screen time a day. That is amazing. Children aged five to 16 spend an average of six and a half hours a day in front of a screen compared with around three hours in 1995, according to market research firm Childwise. Teenage boys spend the longest, with an average of eight hours, according to BBC News. MemoryBut to get more into it, here's what Professor Michael Saling, neuropsychologist from the University of Melbourne and Austin Health says. " I get at least one patient a week who is convinced that forgetting things like car keys or picking up children is the result of a serious brain condition or early Alzheimer's.

The truth is the expansion of the information age has happened so fast, it's bringing us face to face with our brains' limitations. Just because our computer devices have perfect memories we think we should too." Professor Susan Greenfield's 2014 book Mind Change suggests that digital technology is changing our brains and as humans we are facing a crisis concerning our individual identity that is who we are, what we do and how we behave. AttentionA recent Microsoft study showed that technology is impacting how we stay focused. Microsoft surveyed more than 2, 000 Canadians that were aged 18 or older and played games on technology.

The goal was to find out how technology was affecting their attention spans. Sleep CyclesBut on the other hand, technology sparks a new type of learning and inspires children with new ideas. Technology can be used for teaching and learning as well as being used for work and playing.

What about the positive effects? Technology drastically affects many areas of society in positive ways, including education. Modern-day students not only have computers to help them with their schoolwork, they also use the Internet for research while teachers use technology to make better lessons. Technology enables students to create online documents , reports, etc.

without this, students would need to write a lot on paper which is time consuming. With new technological learning, students can learn a wide variety of lessons and train the brain. Without technology, learning would be a lot harder for students and teachers.