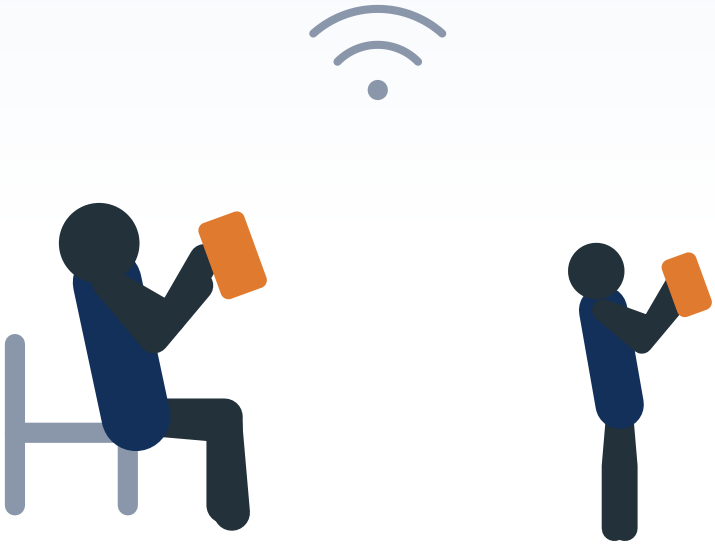
Use the phone – don't let it use you

Mobile Phones and the Brain



Dr Anand Diwan

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Brain, spine, nerve & muscle specialist

MBBS, DNB (Neurology) · MMC Reg. No. 88279

Narayani Hospital **0253 2224411**
Dr Anand Diwan Neurology Clinic **0253 2472111**

Scan to book your appointment

Conditions treated at our clinic

- Epilepsy and seizures (fits)
- Stroke and paralysis
- Migraine and frequent headache
- Vertigo, giddiness, loss of balance
- Parkinson's disease, tremor, slowness
- Memory loss, dementia
- Neck and back pain, sciatica, spondylosis
- Numbness, tingling, nerve pain (neuropathy)
- Muscle weakness (myopathy)
- Head injury after an accident
- Sleep problems
- Children: seizures, developmental delay, slow walking or talking

Tests at Narayani Hospital, under one roof

EEG · Video EEG · EMG / NCS · VEP · BERA · VNG (vertigo test) · CT brain · CSF test · All blood tests

Not everyone needs tests. When they are needed, Dr Diwan explains which ones and why.

How screens affect the brain



Sleep

Blue light and late-night use delay sleep

Attention

Fast videos make it harder to focus on slow tasks like study

Speech

Young children learn to talk from people, not from screens

Mood

Too much social media is linked with anxiety and low mood in teens



How much screen time? – guide for parents

Age	Recommended
Below 2 years	No screens (video calls with family are fine)
2–5 years	Less than 1 hour a day, good-quality content, watched with a parent
6–12 years	Fixed limits; study, sleep, play and meals come first
Teenagers	Agreed family rules; no phone in bed

Signs of too much screen time in a child

- Delayed speech, little eye contact
- Tantrums when the phone is taken away
- Poor sleep, tired in the morning
- Falling marks, poor attention

Effects on the body

Eyes

Dry, tired eyes and more short-sightedness in children. Use the **20-20-20 rule**: every 20 minutes, look 20 feet away for 20 seconds.

Neck – 'text neck'

Bending the head down to look at a phone puts heavy strain on the neck. Hold the phone at eye level.

Thumbs and wrists

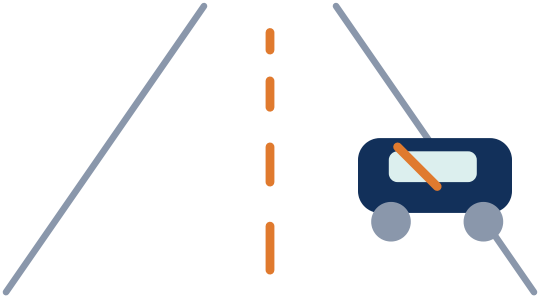
Long typing can cause pain and tingling. Take breaks.

Headache

Long screen use, poor posture and missed sleep can trigger headache and migraine.



Danger on the road



Never

- Use the phone while driving or riding – even a few seconds is risky
- Wear earphones while walking on the road or crossing railway tracks
- Take selfies at heights, near water or on rail tracks

Calling, texting or watching while driving takes the brain's attention away from the road and greatly raises the risk of a crash.

A simple digital-detox plan

1. **No-phone zones:** dining table and bedroom.
2. **No-phone times:** the first hour after waking and the last hour before sleep.
3. **Turn off** unneeded notifications.
4. **Grey-scale mode** makes the phone less tempting.
5. **Replace** scrolling with a walk, a book, a game or a chat with family.
6. **Parents first:** children copy what they see.
7. **One screen-free day** each week for the whole family.

Remember

- Technology is a good servant but a bad master.

Appointments

Monday to Saturday · Closed on Sundays

Narayani Hospital

Consultation, tests & admission

Shree Vallabh Nagar, behind Chaan Hotel, near Mumbai Naka, Nashik 422009

Consult 11 am – 3 pm · Tests 10 am – 5 pm

Hospital open 24 hours for emergencies

0253 2224411

Dr Anand Diwan Neurology Clinic

Evening consultation

11 Yashika Plaza, near Satyam Sweet, Govind Nagar, Nashik 422009

Consult 6 pm – 8 pm

0253 2472111

Scan to book your appointment

Or book on WhatsApp

83900 00385 · 93702 54026

WhatsApp is for booking appointments only.

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www.diwanneurology.com

Read more online

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This booklet gives general information and does not replace medical advice. In an emergency, go to the nearest hospital.