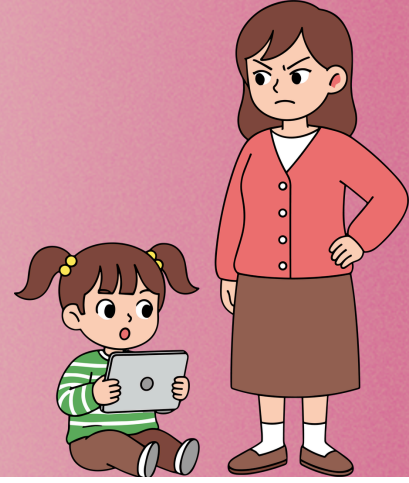


SCREEN TIME AWARENESS

Reduce Overthinking, Improve Sleep, and Build Healthier Habits



Reduce Overthinking • Improve Sleep • Build Healthier Habits

Screen time—especially at night—can:

- Increase racing thoughts
- Make it harder to fall asleep
- Keep your brain “active” when it needs rest

Awareness is the first step to better sleep.

Daily Screen Check

How much time do I spend on screens daily?

- 1–3 hours
- 3–5 hours
- 5–7 hours
- 7+ hours

Most of my screen time is:

- Social media
 - Videos / streaming
 - Messaging
 - Work / school
 - Other: _____
-

Night-Time Screen Habits

Before bed, I usually:

- Scroll on my phone
- Watch videos
- Check messages
- Use screens until I fall asleep

- Avoid screens

How long before bed do I use screens?

Impact on My Mind

After screen use at night, I feel:

- Overstimulated
- Restless
- Overthinking
- Calm
- Tired but unable to sleep

Describe your experience:

Racing Thoughts Check

Does screen use increase my racing thoughts?

- Yes
- No
- Sometimes

What thoughts show up?

Identify Your Patterns

When do I use screens the most?

Why do I reach for my phone?

- Boredom
 - Habit
 - Stress relief
 - Avoiding thoughts
 - Other: _____
-

Set Healthy Limits

What boundaries can you create?

- No screens ___ minutes before bed
 - No phone in bed
 - Turn off notifications
 - Limit social media at night
 - Replace screen time with calming activities
 - Other: _____
-

Replace the Habit

Instead of screen time, I will:

Tonight's Plan

Tonight, I will:

- Stop using screens at: _____
 - Do a calming activity: _____
 - Prepare my mind for rest
-

Reflection

How did I feel with reduced screen time?

Did it affect my sleep or thoughts?

Not all scrolling is harmless—especially at night.

Protect your mind before sleep. “Log off your mind before you sleep.”