

## TECH CORNER

### **“An Ol’ Wives’ Tale” De-bunked/A Related Concern in Debate Currently**

Have you ever been told, or have been the one saying, that you shouldn’t sit so close to the TV, or you’ll hurt your eyes? Unless you’re still watching television sets made in the 1950s or 60s, this wives’ tale has since been debunked. <https://www.nbcnews.com/id/wbna48119699>.

Fast forward to today where the new “big-bad thing” is exposure to the blue light emitted from our cellphones, tablets, laptops, desktops, as well as from high-definition televisions. The debate has morphed from how close to sit in front of the “boob-tube” to how much screen-time may be too much.

With regard to younger, developing minds, Dr. Michael Rich, associate professor of pediatrics at Harvard Medical School (HMS), and associate professor of social and behavioral sciences at the Harvard T.H. Chan School of Public Health, was quoted in an HMS article: “It’s not how long we’re using screens that really matters; it’s how we’re using them and what’s happening in our brains in response.”

In addition, the article states that using blue light-emitting screen devices before bedtime can disrupt sleep patterns by suppressing secretion of melatonin, a hormone aiding sleep, and that quality sleep is imperative for a growing mind. (Full article here: <https://hms.harvard.edu/news/screen-time-brain>)

As for adults, the experts cannot agree on a one-size-fits-all daily limit for screen time. (Read full article: <https://time.com/6174510/how-much-screen-time-is-too-much/>)

So, perhaps the take-away from all of this, as is the case with almost anything else, is “*Pan metron ariston*” or “*everything in moderation*” (attributed to Cleobulus of Lindos, poet and one of the Seven Sages of Greece).

What do you think? Email your comments to [CNRAumni@mercy.edu](mailto:CNRAumni@mercy.edu)