



## Earth Love Month

### Day 3: Unplug for a Night

**Why should you do this?** Too much screen time can cause sensory overload, overstimulate the brain and impact sleep--especially in children.

To boot, electronics addiction is becoming recognized by the mental health community as the new battlefield.

Turn off your screens (and other electricity-sucking electronics) for a night of old-school fun: have a family dinner, play a board game, or just plain talk.

**Already doing this?** Declare a nightly electronics cutoff time and keep smart phones and tablets out of the bedroom.

