



According to an analysis of eight studies published in the Journal of the American Medical Association, every additional two hours of television watching on a typical day increases your risk of Type 2 diabetes by 20 percent and heart disease by 15 percent. Leisure time spent on computers, tablets, and mobile devices has been shown to have similar effects as TV viewing. Experts recommend adults log no more than two hours of screen time after the workday is over.

2 hours

Turn it off

Many workers need to put in a few extra hours at their jobs from time to time, but office workers need to be aware of the total amount of time they spend in front of a screen each day. If you must work late, limit your use of electronic devices in the two hours before bedtime.