

HOW SMARTPHONES AFFECT OUR BRAINS?



Summary

The video is about how smartphone addiction affects our brain and what we can do to prevent it. Dr. Romie Mushtaq, a neurologist and integrative medicine expert, explains that using our phones too much can make our brains lazy, reduce our attention span, impair our memory, and increase our stress levels. She says that we need to balance our technology use with activities that stimulate our brain, such as reading, learning new skills, meditating, and exercising. She also suggests some tips to avoid smartphone addiction, such as turning off notifications, setting boundaries, and having a digital detox. The video is about 4 minutes long and it was uploaded by Dr. Romie on YouTube on September 27, 2017.

Questions

- What is the main topic of the video?
- What are some of the negative effects of smartphone addiction on our brain?
- What are some of the activities that Dr. Romie recommends to stimulate our brain and prevent smartphone addiction?
- How long is the video and when was it uploaded?
- What is the name and profession of the person who made the video?

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Answers

- The main topic of the video is how smartphone addiction affects our brain and what we can do to prevent it.
- Some of the negative effects of smartphone addiction on our brain are that it can make our brains lazy, reduce our attention span, impair our memory, and increase our stress levels.
- Some of the activities that Dr. Romie recommends to stimulate our brain and prevent smartphone addiction are reading, learning new skills, meditating, and exercising.
- The video is about 4 minutes long and it was uploaded by Dr. Romie on YouTube on September 27, 2017.
- The name and profession of the person who made the video is Dr. Romie Mushtaq, a neurologist and integrative medicine expert.