

Reset Your Child's Brain: A Four-Week Plan to End Meltdowns,  
Raise Grades and Boost Social Skills by Reversing the Effects of Electronic Screen-Time  
(2015)  
By Victoria L. Dunckley, M.D.

**How Screen-Time Effects Translate to Cognitive Symptoms**

MECHANISMS

- Neurotransmitter deregulation
- Reduced blood flow to frontal lobe
- Unnatural stimulation and light-at-night
- Sensory overload
- Sedentary behavior

REPERCUSSIONS

- Altered serotonin, melatonin, and dopamine levels
- Sleep disruption
- Desynchronized biorhythms
- Brain inflammation
- Electronic excitability
- Repressed energy

SYMPTOMS/BEHAVIORS

- Inattention
- Poor impulse control
- Poor executive function
- Non-restorative sleep
- Poor frustration tolerance
- Psychosis
- Disorganized thinking