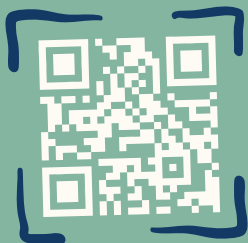


# When does your screen time stop being helpful?



Phones, gaming, and screens are how we live now. But for some people, they can quietly begin to impact their sleep, focus, relationships, or general wellbeing—often before they even realise it.

[Scan the QR code below to learn more](#)



**South Steyne Medical Centre**  
15-16 South Steyne, Manly, NSW 2095



If you're concerned about your own screen use—or that of a child or teenager—simply having a conversation can be an incredibly useful first step.

Dr Mindy Da is available for consultations at South Steyne Medical Centre and offers supportive, non-judgemental discussions about screen and gaming habits as part of overall wellbeing.

**South Steyne Medical Centre, Manly**  
**Appointments via reception or website**



\*This material has been developed for general information and educational purposes only. It does not constitute medical advice. Please consult your healthcare provider if you have, or suspect you have, a health problem. The information provided is based on evidence available at the time of publication.