Fighting Screen Time with Screen Time: Meditation and Mindfulness Apps May Reduce Impacts of Too Much Media

Businesses in the wellness sector, including the popular singing bowl company, Silent Mind, seek to keep customers online without the repercussions of too much screen time.

BIRMINGHAM, England (PRWEB) January 24, 2019 -- Last year, Nielsen released the results of a study examining the amount of time Americans spend viewing media. What they found was that media engagement has increased by nearly two hours in the past four years, rising to just over 11 hours daily.

The only time that media usage doesn’t involve a screen is time spent listening to the radio, which makes up approximately one hour and 46 minutes of the average. If one assumes that each American sleeps an optimal eight hours per night, this means that they spend all but a few of their waking hours staring at a phone, tablet, computer, or television.

As researchers and users are quickly realizing, there are some drawbacks to staying tuned in almost constantly. The overstimulation that comes from prolonged viewing and scrolling can throttle the nervous system and potentially damage the brain. This leads to poorer sleep quality, irritability, a shorter attention span, and in the case of time spent perusing social media, lower self-esteem.

But what if one could parlay a portion of their screen addiction into developing a mindfulness or meditation practice? It’s an idea that’s gaining in popularity with the prevalence of meditation apps. These apps can guide a user through meditation sessions, share mindfulness tips and reminders, or simply serve as a timer for daily sessions. Studies have already demonstrated that using a mindfulness or meditation app can reduce stress, depression, and mood swings.

Recently, Silent Mind, makers of Amazon’s best-selling singing bowls, unveiled plans to release their own app centered around meditation and mindfulness. Part of their reasoning for bringing this app to market is based on research concerning the cortex, that part of the brain responsible for memory, problem solving, motor skills, and much more.

“There’s been some evidence that people with a tech addiction may have thinner cortices,” a Silent Mind representative shared. “People who adhere to mindfulness and meditation practices have been shown to have thicker cortices. This may be why we enjoy some of meditation’s best long term benefits, like improved focus, productivity, and reasoning.”

While they expressed a preference to keep the finer details concerning the app a surprise, Silent Mind did say that one of their main goals is to promote relaxation, not just focus and productivity. “People are too switched on,” they explained. “Over time, this impedes healing, causes physical and psychological pain, and might even contribute to conditions like hormonal imbalance.”

Silent Mind’s app will join hundreds of other mindfulness and meditation apps available now. Despite the fact that there are a few big names leading the pack in this sector, the demand for such apps has grown, as the number of adults who report having a personal meditation practice has increased three times over since 2012.
If nothing else, these apps are a great way access people where they live - in front of the screen. To stay up to date on Silent Mind’s meditation app release and learn more, visit www.silentmindsingingbowls.com.
Contact Information
Jamie Mendler
CHANGING WORLD IMPORTS LTD
+1 3096064568

Online Web 2.0 Version
You can read the online version of this press release [here](http://https://www.silentmindsingingbowls.com/).