The ADDICTION Ruining Your Vision! Transcript

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Introduction: Overstimulation and Vision

We live in a world that rewards overstimulation. You scroll, swipe, refresh hundreds of times a day and you find yourself looking up an hour later thinking, whoa, where did the last hour go?

And the crazy thing, your brain actually loves it. It's addicted to it, but that addiction comes at a cost. Your focus, you're mood and even your vision.

I'm Dr. Bryce Applebaum, a neuro optometrist who helps people fix hidden functional vision problems that affect how they think, feel and perform.

The Dopamine Loop

And today I'm breaking down how your visual habits are literally rewiring your brain to crave chaos and what to do to stop it. Section one, the dopamine loop.

Every time you scroll, your eyes move. Your brain reacts and you get a microdose of dopamine. That quick hit tells your mind, good job, do that again.

And again, and again. But dopamine isn't designed for endless novelty. It's meant to motivate us towards real goals, not pixels. So when your eyes constantly chase movement, color, light, your brain's reward system gets hijacked.

You end up needing more stimulation to feel normal. That's why silence feels uncomfortable now.

How Screen Habits Hurt Your Vision

Why doing nothing feels hard. And why your focus span keeps shrinking. How this hurts your vision. Your eyes are built for depth, distance, and movement, not constant near focus on a glowing screen.

When you live in near-focus mode all day, your eyes stop communicating efficiently with your brain. You blink less, you're focusing muscles lock up, And your brains visual processing starts to fatigue.

you might call it burnout or brain fog, but often it's your visual system crashing. Why your Brain Can't Keep Up. Here's what most people don't realize.

Over half of your mind is devoted to vision. So when your eyes are overstimulated, like when you're scrolling social media or constantly checking the next notification, your entire brain is overstimated.

Why the Brain Can't Keep Up

It's like trying to run a marathon with your mind every day without recovery. That's why people feel anxious, dizzy, or drained after long screen days.

it's not all in your head. Its your visual system screaming for a break. How to break the cycle. Here's how to reset your brain's relationship with stimulation.

Start your day with distance. Go outside, ideally in the first 10 minutes after waking, and let your eyes find the horizon and take in natural light. That tells your brain it's daytime, time to focus naturally.

How to Break the Cycle

Practice a visual reset every 20 minutes. Look at least 20 feet away for at 20 seconds. It's the simplest way to interrupt that overstimulation loop. Schedule silence.

10 minutes a day with no phone, no screens, No visual noise. At first it feels uncomfortable, then it feel freeing. The less stimulation your brain needs, the sharper and calmer you become.

Your brain isn't broken, it's overstimulated. And when you retrain how your eyes and brain work together, you can rewire focus, energy and calm back into your life.

If you want to start retraining that connection today, Download my free guide. It's packed with simple daily exercises to reset your visual system and protect your brain.

The link is right below in the description.