Your Screen Time Is Overloading Your Nervous System And Your Eye Doctor Isn’t Testing It Transcript

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Why Screen Time Can Trigger Anxiety

Most people think that anxiety, brain fog, or constant burnout starts in the mind. But what if the real issue is your vision and how screens and digital devices are literally rewiring your nervous system, not in a good way, without you knowing?

Hi, I'm Dr.

Vision vs. Sight: The Hidden Difference

Bryce Applebaum, a neuro-optometrist, and I work with patients from all around the world who feel exhausted by screen time, anxious for no reason, or mentally drained even when every medical test shows nothing is wrong.

The problem isn't in your mind. It's in how your eyes and brain are being forced to work in survival mode all day long. And here's what almost nobody is told.

You can have 20-20 eyesight and yet your vision can still be failing your brain in a mess. Sight is clarity. Vision is processing.

Eye Teaming Problems and Mental Fatigue

vision is brain. and that difference? That difference is everything. Hidden issue number one. eye teaming. If your eyes don't work together well, your brain is fighting all day long just to keep things single and clear and stable.

That silent strain can show up as headaches, trouble focusing, mental fatigue by 2 p.m. that third cup of coffee moment might actually be your visual system crashing, not your willpower.

Hidden issue number two, visual processing.

Visual Processing, Brain Fog, and Overstimulation

You might be seeing clearly, but your brain is struggling to make sense of what it sees. That's where brain fog, slow thinking, overstimulation in crowds, even emotional flooding begin.

Focus Flexibility and Nervous System Stress

your visual system is the operating system for how your brain feels safety versus chaos hidden issue number three focus flexibility your eyes were never designed to stay locked on screens for hours the moment your eye focusing system gets stuck your nervous system stays stuck with it in stress mode which is why you may feel wired but completely worn out so if nothing has worked supplements, therapies, medication, even meditation, it might be because you've been treating the symptom, not the source, the problem.

There's nothing wrong with you, you just never had your vision and the eye-brain connection evaluated the right way. If this is resonating with, take 60 seconds and start with my free vision quiz.

It's not about how well you see, It is about your eyes and brain are working together. As a team, most people are shocked by what it reveals.

Why Treatments May Miss the Root Cause

I'll link it below and this could be the most important 60 seconds you invest this entire year. In the next video, I will show you how to start retraining your visual system at home.

But first, go take the quiz. It all starts with awareness.