**Are Our Brains Being Rewired by Technology?**

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Monday, January 31, 2011

According to a recent study, 30% of 2 to 5-year-olds know how to operate a smart phone or tablet computer and 61% can play a basic computer game while a mere 11% could tie their own shoes. It begs the question – are our brains being rewired by technology?

In essence, yes. Technological advances have many benefits such as allowing us to do double the work in half the time and easing the ability to keep up with friends and family more efficiently. With the internet and smart phones, we have immediate access to massive amounts of information and receive greater input for more sources. Technology improves eye-hand coordination, increases reaction time, and enhances our ability to pick out details from clutter. Those who use computers and smart phones also show greater brain activity than non-users.

It all seems positive, right? But, in fact, the wealth of information we have at our fingertips is creating a poverty of thought. We are exposed to three times more information today as compared to four decades ago. The information overload leads to more multitasking and forces us to push our brain to do things it was not built to do. In essence, the normal function of our brain is impaired, especially the frontal lobe.

The frontal lobe of the brain is key to dynamic thinking and is the last part of the brain to develop and the first to decline. Frontal lobe function is responsible for strategic attention, critical thinking, judgment, decision making and problem solving. The lure of technology is rewiring our brains in detrimental ways leading to weakened focus, shallower thinking, reduced creativity and forward thinking and a lowered ability to shut out irrelevant information – all decreasing our brain’s potential.

But the great thing about the brain is that is has the ability to grow, change and modify itself every single day. To maintain your brain health, shut off your cell phone, turn off the computer and limit your use of technology to certain hours of the day. Make sure to get at least 30 minutes of aerobic exercise 3-4 times a week and engage in meaningful conversations with friends.