



DIGITAL TOXICITY AWARENESS DAY IS THIS SUNDAY, AUGUST 2

This Sunday, a physician-led livestream and Westmont event will examine how digital overexposure may affect the brain, sleep and attention.

CHICAGO, IL, UNITED STATES, July 30, 2026 /EINPresswire.com/ -- The inaugural Digital Toxicity Awareness Day will take place this Sunday, August 2, with a free YouTube livestream and an in-person event in Westmont, Illinois.

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Digital toxicity is more than distraction or weak will. Excessive digital exposure may cause measurable biological effects. This Sunday, the conversation shifts from screen time to brain health.”

eugene lipov md

Founded by physician and researcher Eugene Lipov, MD, the public-awareness initiative will examine the potential biological and psychological effects of excessive smartphone use, doomscrolling, social-media overstimulation, constant notifications, and screen-related sleep disruption.

WHAT

A physician-led public program addressing [digital overexposure](#) and its potential effects on:
Brain function and nervous-system activation
Sleep and emotional health
Attention, impulse control, and compulsive scrolling
Dopamine-driven digital habits
Practical strategies for regaining control of technology use

WHEN

Sunday, August 2, 2026
12:00 p.m. Central Time

WHERE

In person: Stella Mental Health, Westmont, Illinois

Online: Free YouTube livestream

Event information and access: <https://digitaltoxicityawareness.com>

WHO

Eugene Lipov, MD, founder of Digital Toxicity Awareness Day, physician, researcher, author, and

specialist in trauma, neuroscience, and the autonomic nervous system.

WHY IT MATTERS

Research has reported associations between problematic smartphone use and structural or functional differences in brain regions involved in attention, reward processing, emotional regulation, and impulse control. Digital Toxicity Awareness Day will translate this emerging science for the general public while emphasizing practical steps families and individuals can take to protect sleep, attention, and real-world connection

Eugene Lipov

Stella Mental Health

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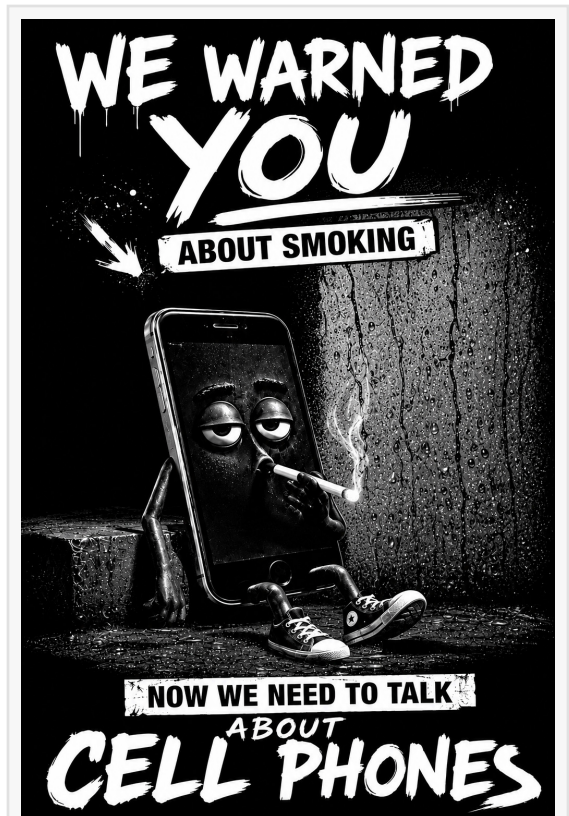
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Black-and-white campaign image compares smartphone overuse with earlier public-health warnings about smoking, calling for a new conversation about digital toxicity and brain health.

This press release can be viewed online at: <https://www.einpresswire.com/article/928276511>

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