

## Reading reduces comprehension

Would you believe -- reading comprehension is reduced when reading from an electronic device?

A recent study investigated the cause for comprehension decline when reading on a smartphone by measuring respiration and brain activity during reading in 34 healthy individuals.

Compared to reading on paper, such as a book or magazine, reading on a smartphone causes fewer sighs, promotes brain overactivity in the prefrontal cortex, and results in reduced comprehension.

Who knew? The relationship between sigh reduction and overactivity in the prefrontal cortex causes comprehension decline. So, you actually retain less of the information you read when you read on an electronic device!

And yes, breathing affects comprehension! Take a deep breath, grab a real book and do some healthy reading. Your brain will thank you for it!