

Video games are good for training your reaction time

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graph LR; A[Video games are good for training your reaction time] --- B[Objection: Spending a lot of time playing video games can hurt your reaction time overall if it makes you sleep less, exercise less, or feel mentally tired, so games are not always good for training reaction time]; A --- C[Playing video games improves your reaction time because many games require you to quickly notice visual or audio cues and respond within a split second.]; A --- D[Video games can improve your reaction time because they make you practice fast decision making and quick hand eye coordination over and over.]; C --- E[Playing fast paced games makes you constantly react to sudden visual and audio cues]; D --- F[To win you have to decide quickly and press the right button before it is too late];
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Objection Spending a lot of time playing video games can hurt your reaction time overall if it makes you sleep less, exercise less, or feel mentally tired, so games are not always good for training reaction time

Playing video games improves your reaction time because many games require you to quickly notice visual or audio cues and respond within a split second.

Playing fast paced games makes you constantly react to sudden visual and audio cues

Video games can improve your reaction time because they make you practice fast decision making and quick hand eye coordination over and over.

To win you have to decide quickly and press the right button before it is too late