Humans interact with tech in unique ways due to differences in age, expertise, handedness, and physical abilities. Vision is the main sense used, but hearing (alerts, voice commands) and touch (haptic feedback) also matter. We control devices with hands, fingers, voice, and even eye-tracking. The brain processes perception, cognition, and memory, using chunking and muscle memory. Language affects text interfaces, with redundancy and entropy shaping design. Reaction time, visual search, and multitasking show human performance limits. Errors happen, but good design prevents them. Understanding human behavior is key to making tech intuitive, efficient, and user-friendly.