

TECHNOLOGY IN EVERYDAY LIFE

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Section 1: Introduction

Technology has become an essential part of our daily life. From the moment we wake up to the time we sleep, we use different devices, apps, and tools that make our tasks faster and easier. Technology helps us communicate, study, work, travel, and stay entertained. It has improved comfort, made information accessible, and changed the way we interact with the world.

Section 2: Devices and Tools

Common Devices We Use Daily

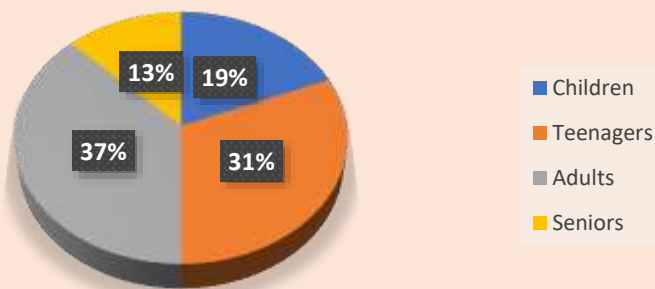
Device Use	Device Use
Smartphone Communication, apps, internet	Smartphon e Communication , apps, internet
Laptop Work, study, browsing	Laptop Work, study, browsing
Smartwatch Fitness tracking, notifications	Smartwatch Fitness tracking, notifications
Tablet Reading, videos, digital notes	Tablet Reading, videos, digital notes
Smart TV Entertainment and streaming	Smart TV Entertainment and streaming



Figure 1 Example of a commonly used digital device.

Section 3: Statistics

Daily Average Screen Time (hours)



Technology usage varies among different age groups. Teenagers and adults have the highest daily screen time because they use devices for

social media, work, and entertainment. Children and seniors spend comparatively fewer hours on digital screens.

Section 4: Video Resource



[Click here to read more about technology in everyday life.](#)

Section 5: Cross-Reference

For more details, see the Introduction section.

section 6: Shapes & Design

