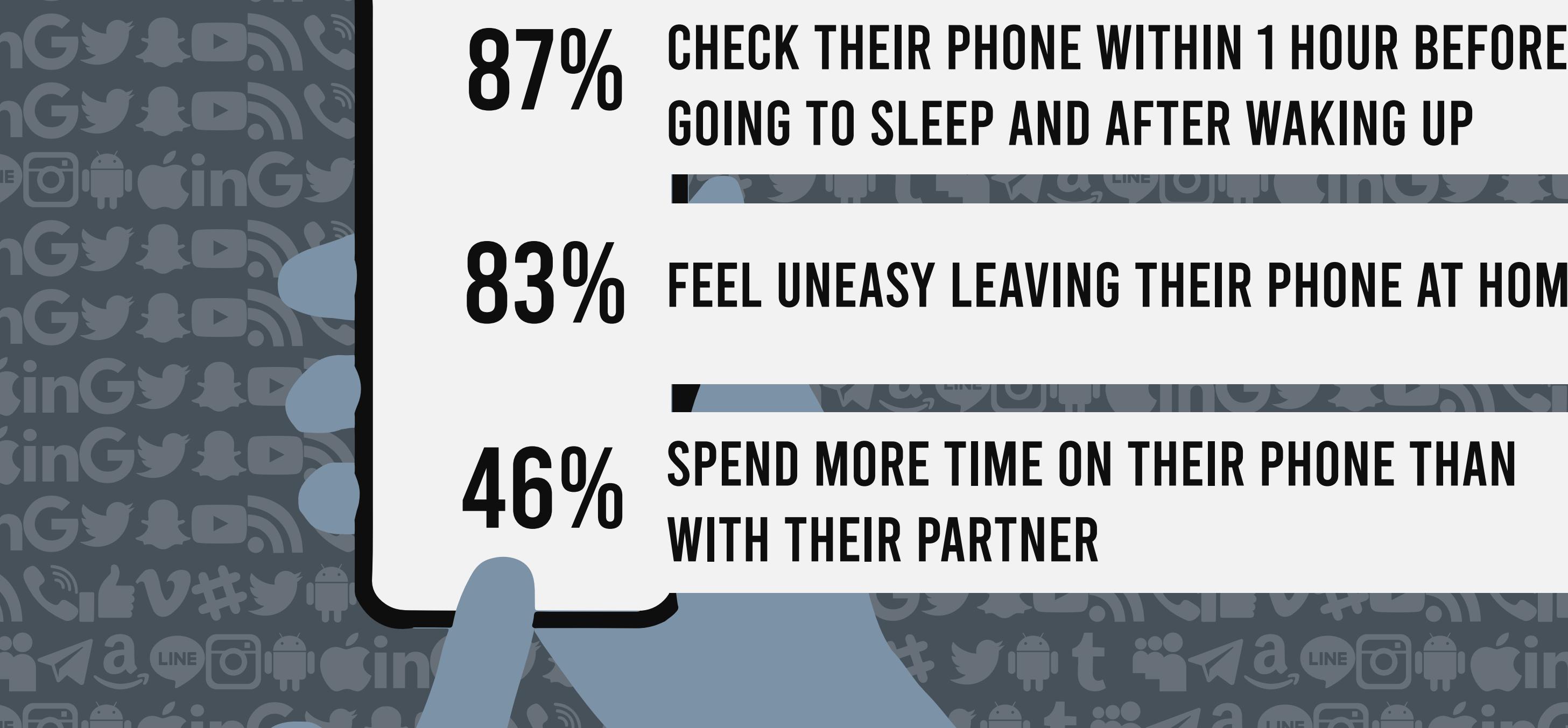
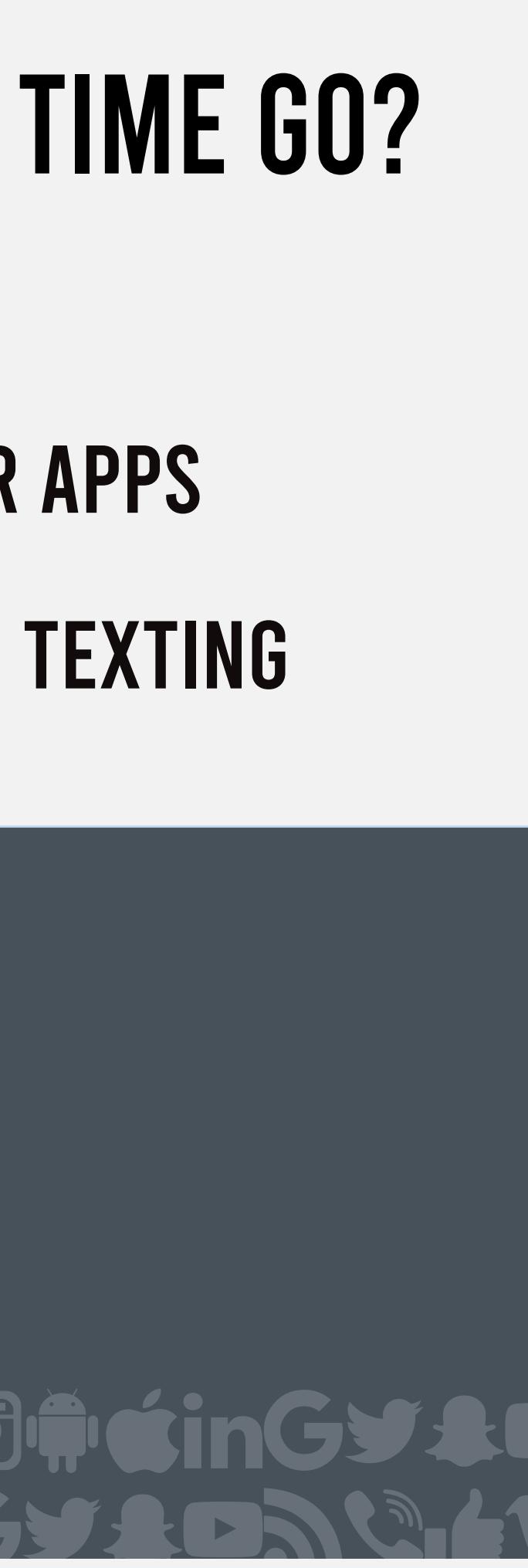
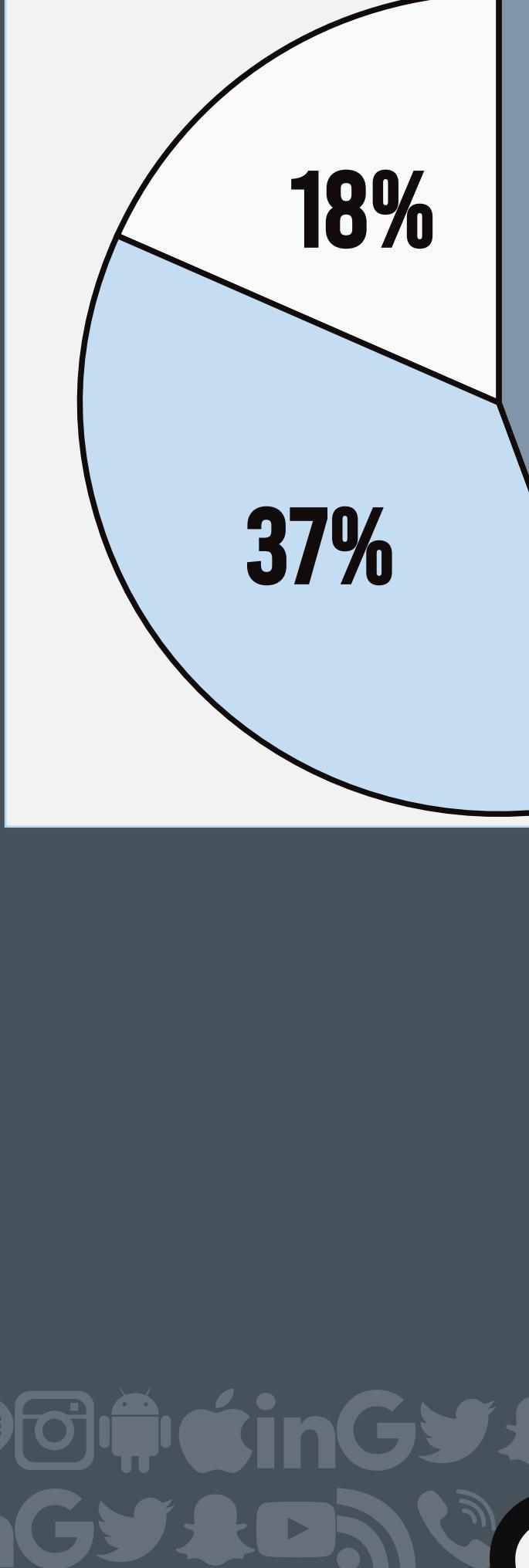


PHONE ADDICTION

in the United States

Smartphones have positioned themselves as indispensable in today's society. However, what seems like an embrace of a digital-age phenomenon may actually be an addiction.

SCREEN TIME



HABITS

87% CHECK THEIR PHONE WITHIN 1 HOUR BEFORE GOING TO SLEEP AND AFTER WAKING UP

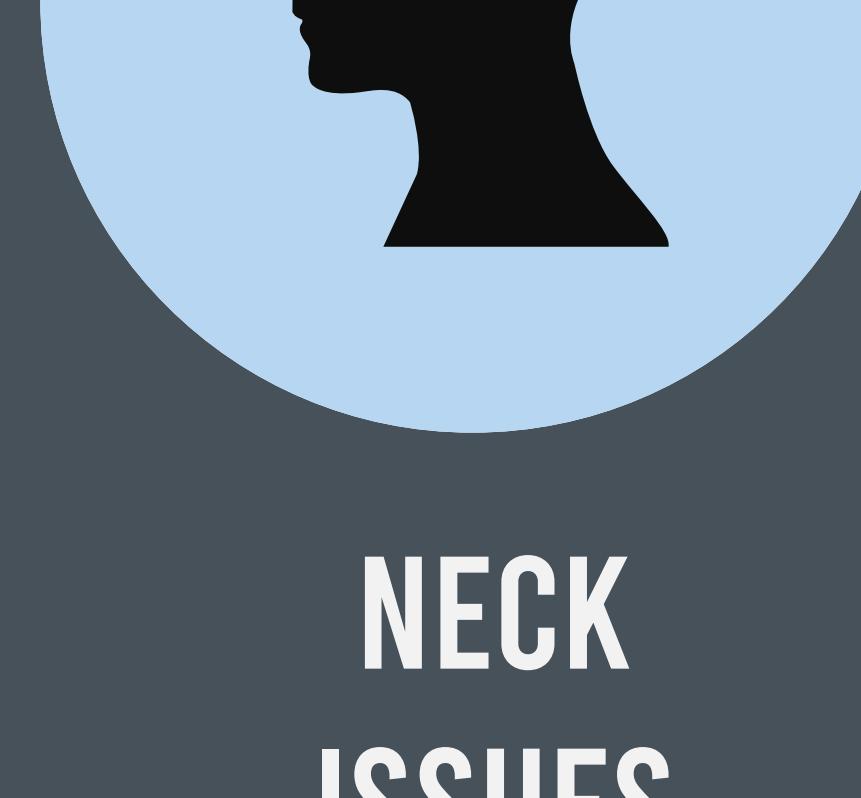
83% FEEL UNEASY LEAVING THEIR PHONE AT HOME

46% SPEND MORE TIME ON THEIR PHONE THAN WITH THEIR PARTNER

EFFECTS



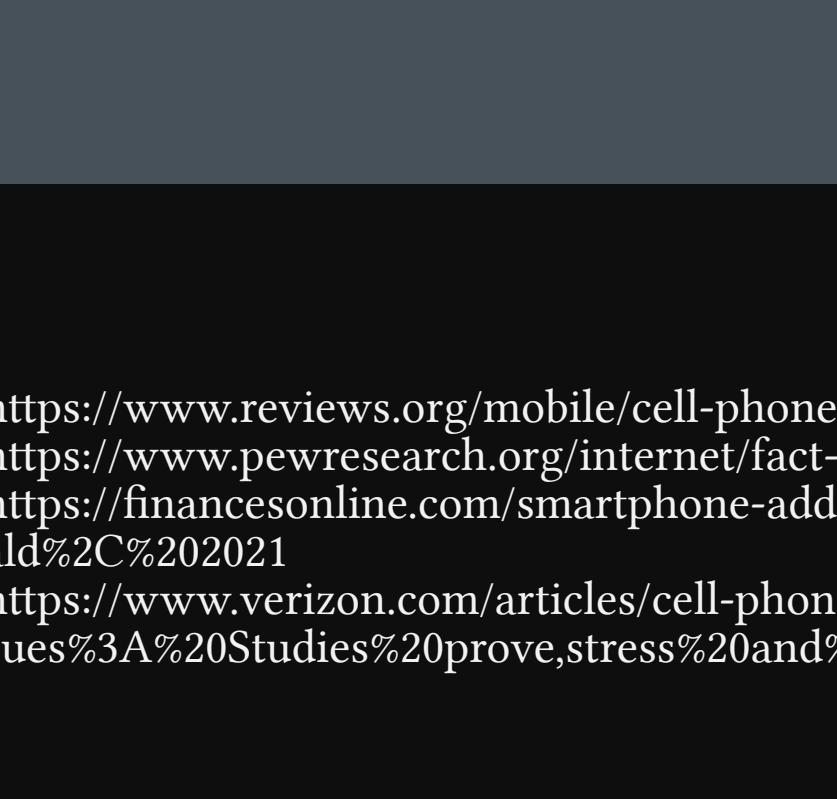
DEPRESSION/
ANXIETY



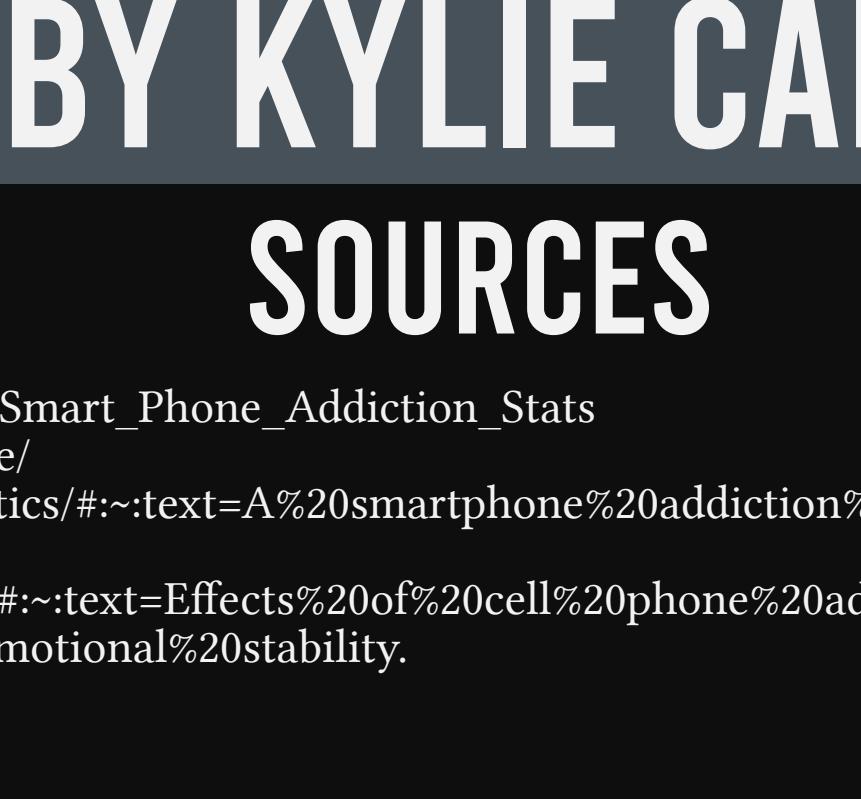
INCREASED RISK OF
CAR ACCIDENTS



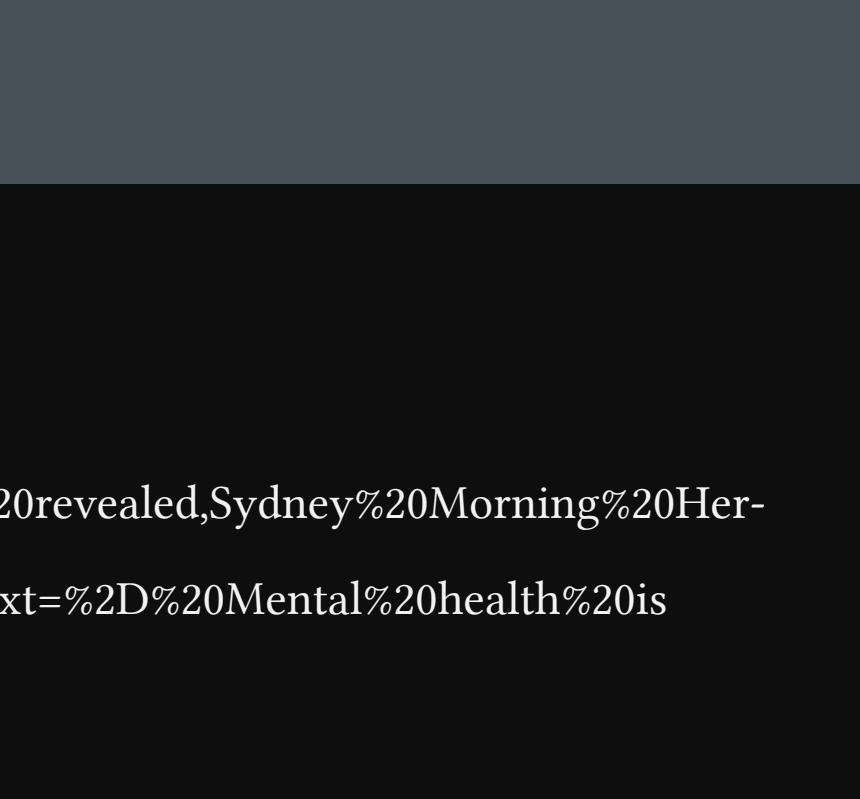
POOR
SLEEP



EYE
STRAIN



NECK
ISSUES



POOR WORK
PERFORMANCE

BY KYLIE CALL
SOURCES