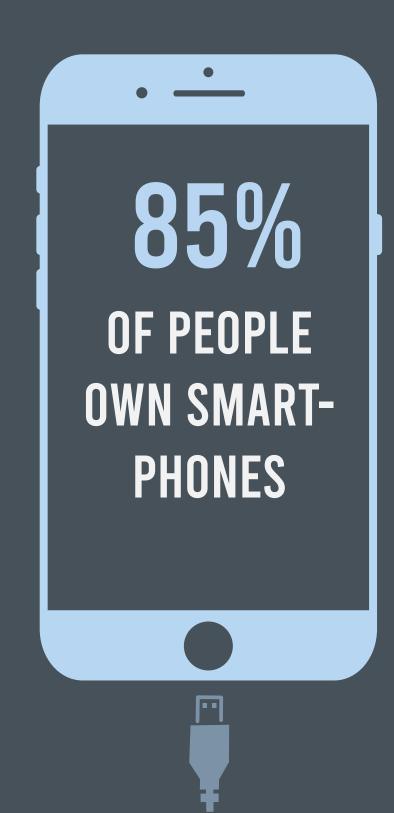


Smartphones have positioned themselves as indispensable in today's society. However, what seems like an embrace of

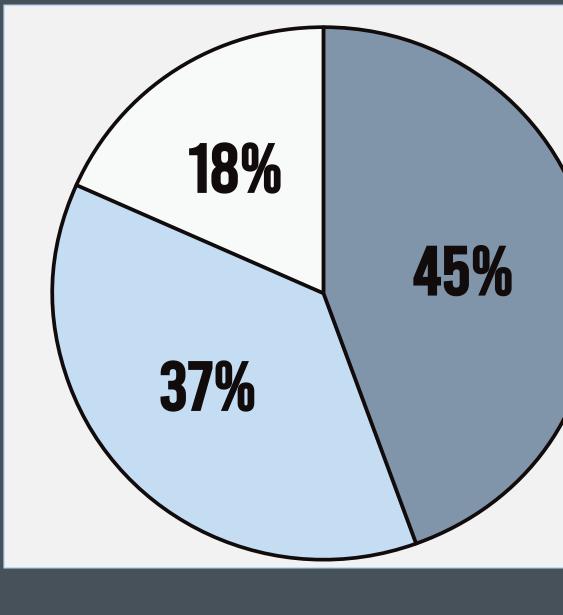
a digital-age phenomenon may actually be an addiction.

SCREEN TIME



344
TIMES PEOPLE
CHECK THEIR
PHONES PER
DAY





WHERE DOES THE TIME GO?

SOCIAL MEDIA

GAMES AND OTHER APPS

PHONE CALLS AND TEXTING

HABITS

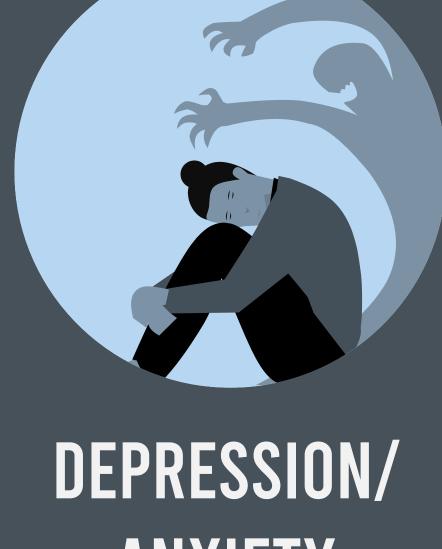
13. Poincy 20au huy yit ing poincingy 20au

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

FEEL UNEASY LEAVING THEIR PHONE AT HOME

SPEND MORE TIME ON THEIR PHONE THAN WITH THEIR PARTNER

EFFECTS

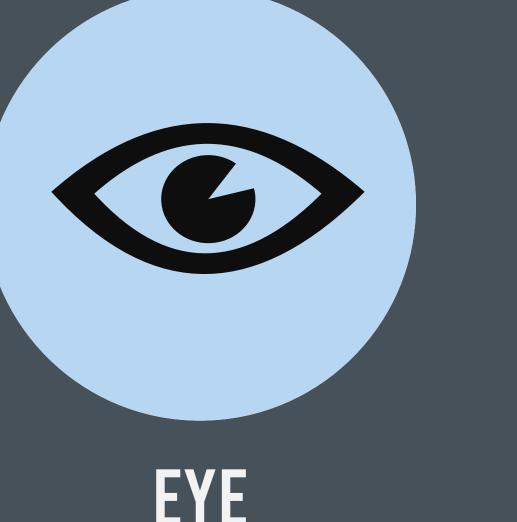


ANXIETY



CAR ACCIDENTS





STRAIN

sues%3A%20Studies%20prove,stress%20and%20low%20emotional%20stability.



ISSUES

PERFORMANCE

BY KYLIE CALL SOURCES

 $https://www.reviews.org/mobile/cell-phone-addiction/\#Smart_Phone_Addiction_Stats \\ https://www.pewresearch.org/internet/fact-sheet/mobile/ \\ https://financesonline.com/smartphone-addiction-statistics/<math>\#:\sim:text=A\%20$ smartphone%20addiction%20survey%20revealed,Sydney%20Morning%20Herald%2C%202021 https://www.verizon.com/articles/cell-phone-addiction/ $\#:\sim:text=Effects\%20$ of%20cell%20phone%20addiction.&text=%2D%20Mental%20health%20is