

# The Habits of Using Phones in Toilet

Like the towel and toothbrush, Mobile phones had also become the essentials for washrooms. Mobile is the new everything. We are so attached to this thing that most of us even carry this in the washrooms as well. The more you practice this habit, the more you get habitual to that.



*A Verizon Wireless study revealed that 90% of people admit to using their phones in the bathroom. A 2017 study found that phones can carry around E.coli and other bacteria, and a British study found that the average smartphone screen is dirtier than a toilet seat.*

We all have a very busy life and we have to save every second for some productive work. But does that mean we shouldn't be concerned about our health? Toilets are the germiest place overall in the house and none of us bothers to wash our phones after visiting the toilet. Carrying your phones to the toilet you are not only taking a risk to drop there but also giving a chance for the bacteria to catch you.

In today's generation pooping has become synonymous with replying texts, watching videos, and checking the mails. Toilet readings are becoming more and more popular these days.

*Let me go through one example; In the last 10 days I made a call to around 5-6 people in the morning and I got a text back " I am in the toilet, I will call you later".*

The habits of reading through phones in the toilet may not be wrong but the amount of time it adds for sitting in the toilet can be dangerous for us. According to the health expert "the more we spend time in the toilet, there is a high chance of getting piles" Naveen Kumar, Consultant Gastroenterology, Narayana Superspeciality Hospital in Gurugram, agreed that prolonged sitting, which can happen if you get very absorbed in your smartphone, can increase the risk of hemorrhoids.

According to the survey done by MiMedia for about 1000 person "about half of the people visit social media feeds including Facebook, Twitter, Instagram, Snapchat. One out of four played games while a quarter used to watch videos and movies, 12% confessed to watching porn and women confessed to taking selfies".

Doctors recommend that you should not stay on the toilet longer than you need to- as tempting as it may be. A healthy amount of time on the toilet is from one to 15 minutes, whereas anything longer may point to an issue with constipation.

Today when someone is sitting on the toilet for a long time we can easily guess either he/she is using the phone. With the risk of dropping a phone, many people carry their phones in the toilet. Based on the operating system, Android users are more likely to carry their phones to the toilet than iOS. Although there are many risks of losing data from the phone by dropping it into the water, people don't care.

For making the body healthy, to keep its germs free, the habit of using phones in the toilet should be avoided. Otherwise, one day because of sitting on the toilet for a long time, almost all people in the world may face some health issues like piles.

## References:

- 1)<https://www.thenewsminute.com/article/have-habit-using-smartphone-loo-you-may-get-piles-warn-health-experts-109926>
- 2)<https://www.cnbc.com/2016/07/12/bathroom-smartphone-habits.html>
- 3)<https://www.theladders.com/career-advice/how-using-your-phone-in-the-bathroom-impacts-health>