

HANG UP & HANG OUT

EXCESSIVE PHONE USE CAN AFFECT YOUR HEALTH



Yes, we all have the urge to check our phones every time they go off—and even when they don't. No one wants to miss out on an important notification, or any notification for that matter. But being glued to our devices can take a toll on our mental and physical well-being. Here are some reasons why.

Overuse of cellphones can lead to or worsen sleeping disorders.

1 new message:

Cellphone use has shortened our attention spans to around 8 seconds.

THAT'S LESS THAN A GOLDFISH!



INBOX

The average person's phone has more bacteria than a toilet seat.



28/3/2020 @ 10:24

- Looking at your phone for too long can cause blurred vision, eyestrain, dry eyes and headaches.



Today 12:32 PM

In one study, 42% of social media users said that checking these apps can stress them out.

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People who are addicted to their phones show signs of diminished concentration and creative thinking.

9:17 AM

