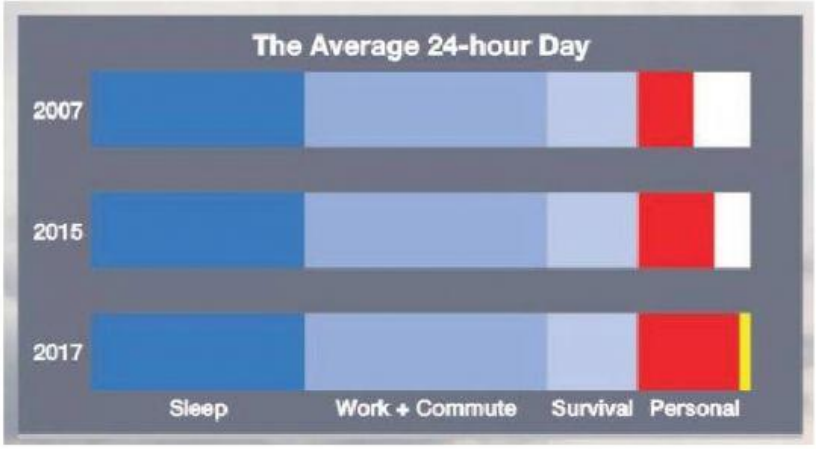
Screen TIME



We spend more and more of our daily lives with screens: TVs, laptops, smartphones, tablets, video games, smartwatches. Of course, screens are important in our lives. We check the time on them in the morning, we send emails with them at work, and we watch TV or play games with them at night. But are we too connected?

This chart from Adam Alter, a professor at New York University, shows how we spend our time, and how much time we spend on screens. It shows three different years: 2007, 2015, and 2017. Some activities don't change. Every year, humans sleep for about eight hours per day. We work and commute for about eight or nine hours a day. Then, for three hours a day, we do "survival" activities: we eat, we take a shower, we take care of children.

Finally, the chart shows four to five hours for "personal" time, or free time. In this time, we go to the gym, we play games, we have hobbies, we meet friends. It's very important time! But over time, we spend more and more of this personal time on screens. In the chart, red shows our personal time with screens. In 2007, 50% of our personal time is with screens. In 2015, it's about 70%. In 2017, it's about 90%!

Overall, Adam Alter thinks this change is bad. He thinks we need more personal time without screens, and more personal time for sports, hobbies, and friends. But do people want to change the amount of time they look at screens?

Write the correct numbers in the table.

1. Hours we sleep every day	hours
2. Hours we work and commute	hours
3. Hours for survival activities	hours
4. Percentage of personal time with screens in 2007	%
5. Percentage of personal time with screens in 2015	%
6. Percentage of personal time with screens in 2017	%

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answer these questions

1. How many hours do you sleep?

2. How many hours do you work or study and commute?

3. How many hours do you have for survival time?

4. How many hours do you have for personal time?

5. What percentage of your personal time is with a screen?

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