

## How is Your Phone Changing you? (TED Video: C1)

Warm Up: How do you feel when you don't have your phone with you?

1) What is the average amount of time per day that people spend looking at their phones?

A) 3.6 hours

B) 4.7 hours

C) 1.4 hours

D) 5.5 hours

2) Time spent in front of screens had led to an increase in cases of:

A) Back tension

B) Arthritis

C) Depression

D) Myopia

What is a compulsion loop?

What is nomophobia?

How do phones interfere with sleep?