

In the following text about how to use smartphones really smartly, the headings have been removed. Your task is to match the headings to the paragraphs.

There are two extra headings that you do not need.

TAKE CONTROL OF YOUR PHONE

Here is a list of simple changes that can help you become a mindful user of your device.

0) Turn off all notifications except from people

Get rid of unnecessary banners, red dots and vibrations that take you back into apps you don't need to be in. Allow only messaging apps to send you notifications, when real people want your attention.

1) _____

Colourful icons give our brains shiny rewards every time we unlock. Keep colours for when you really need them.

2) _____

Leave your phone in another room for the night. This way, you can wake up without finding yourself checking your phone before you even get out of bed.

3) _____

Placing your phone in a drawer or a place where you can't see it can help reduce the anxiety of wanting to check it. Ideal solution for homework time.

4) _____

It's easy to misinterpret written messages. Recording a quick voice message instead is safer – and faster – than typing out each letter.

5) _____

These apps tend to use up most of our time. Train yourself to use them from your computer only. Or even better: make efforts to interact with people in person.

6) _____

Meditation and monitoring apps will give you back the time that other apps have stolen. Through short, daily exercise, they help you use your phone in a healthy way.

