Are You Addicted to Technology?



Technology is a big part of our daily lives. We use phones, computers, and tablets to work, study, and talk to others. But sometimes, people use technology too much. This is called technology addiction.

People who are addicted may check their phones many times a day, scroll on social media for hours, or feel anxious without their devices. This can affect their sleep, their focus at school or work, and even their mood.

Experts recommend taking short breaks, turning off notifications, and trying a digital detox—a day or weekend with no screens. These small actions can help us stay healthy and balanced.

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