



Exercise 1: Gap-fill with vocabulary from the text

Complete the sentences using the correct word from the box.

Word Box: isolation, exposure, indicator, inhibited, exacerbate, crucial, trends

1. Teenagers' sleep patterns are affected by their constant _____ to screens.
2. Social media use can _____ anxiety and depression.
3. Staying up late before bed is a strong _____ of poor sleep quality.
4. Blue light from screens _____ melatonin levels.
5. It is _____ to avoid using screens right before sleeping.
6. New social media _____ show that usage is increasing every year.
7. Feeling of social _____ is linked to excessive screen time.

Exercise 1: Match the words to their definitions

Write the correct word next to the definition.

1. _____ – a strong desire to keep doing or having something
2. _____ – the state of being extremely worried or nervous
3. _____ – a repeating pattern that is difficult to stop
4. _____ – lacking something, not enough
5. _____ – the act of paying close attention to something
6. _____ – a rapid increase or rise
7. _____ – attracting or tempting

Word Bank: anxiety, engagement, allure, increase, deprivation, growth, merry-go-round