

A new study has looked at how much time _____ spend using smartphones and other _____ devices. According to the study, many teenagers spend several hours a day looking at screens, especially for social media, _____, and online learning.

Researchers say that _____ can be useful, but spending too much time on screens may cause some problems. Teenagers who use their phones late at night may find it _____ to sleep. Too much screen time can also reduce the time they spend doing _____ activities, studying, or talking with their families.

However, experts do not suggest completely avoiding technology. Instead, they _____ taking regular breaks and putting phones away before going to bed. They also encourage teenagers to spend more time _____ and take part in sports or other activities.

The study reminds us that _____ are an important part of modern life, but using them in a _____ way is important for our health and daily life.