

Unlock the Screen

SMARTPHONE ADDICTION

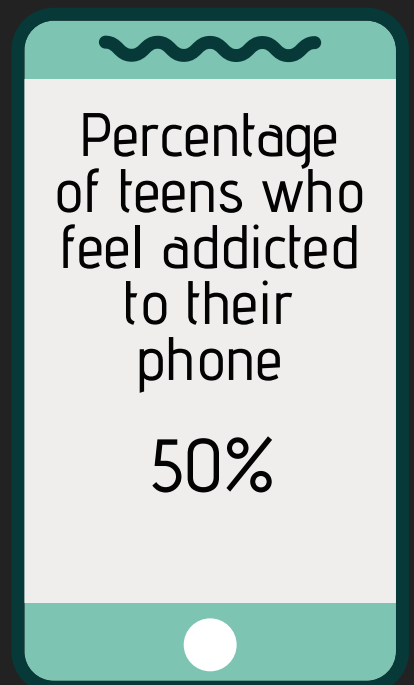
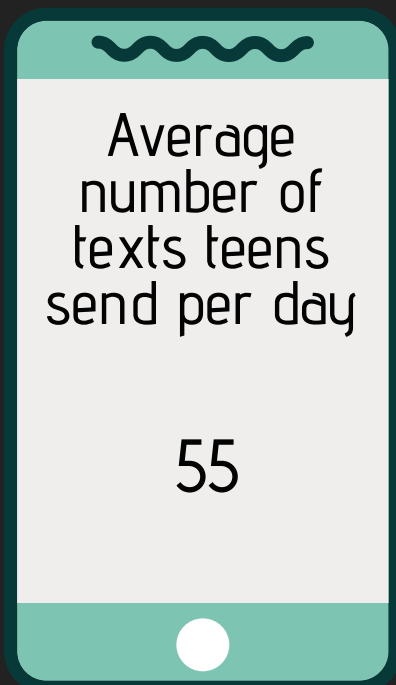


App makers and game developers want to get you hooked because they are selling your attention to advertisers.



Each time you receive a notification, your brain floods with a chemical messenger called dopamine.

SIGNS THAT YOU MIGHT HAVE A PROBLEM



WHAT CAN YOU DO TO REGAIN CONTROL?



Turn off notifications



Set time limits



Stop screen time an hour before bed



Schedule social media breaks while studying



The real benefit of an activity comes in the first hour. If you are spending more than an hour a day on your phone, think about other activities you could do with your time.