

The Lost Connection

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Recently, Apple products has introduced a setting called "Screen Time" where it shows you how much time you spend on your phone, how many notifications you get and even how many times you pick up your phone throughout the day. We took a survey of 60 students at North who had iPhones and 25 teachers to compare how much time we really spend on our phones.

Average screen time in ONE day

Students:
5.6 hours
Teachers:
3.1 hours

Average screen time in ONE week

Students:
57.1 hours
Teachers:
31.4 hours

Think about it:

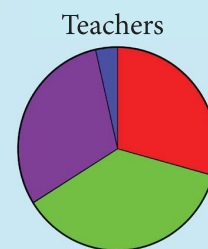
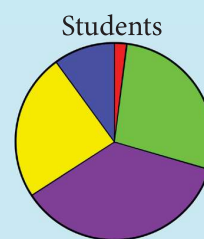
When you spend **over 40 hours** on your phone in **one week** that is **equal to a full time job**.

When you spend **over 35 hours** on your phone in **one week** that's **equal to the amount of time you're at school**.

Average number of notifications in ONE week

Students:
1,895 notifications
Teachers:
460 notifications

Hours in a day	Percent (students)	Percent (teachers)
<2	2%	28%
2-4	27%	40%
4-6	37%	28%
6-8	21%	0%
8-10<	13%	4%



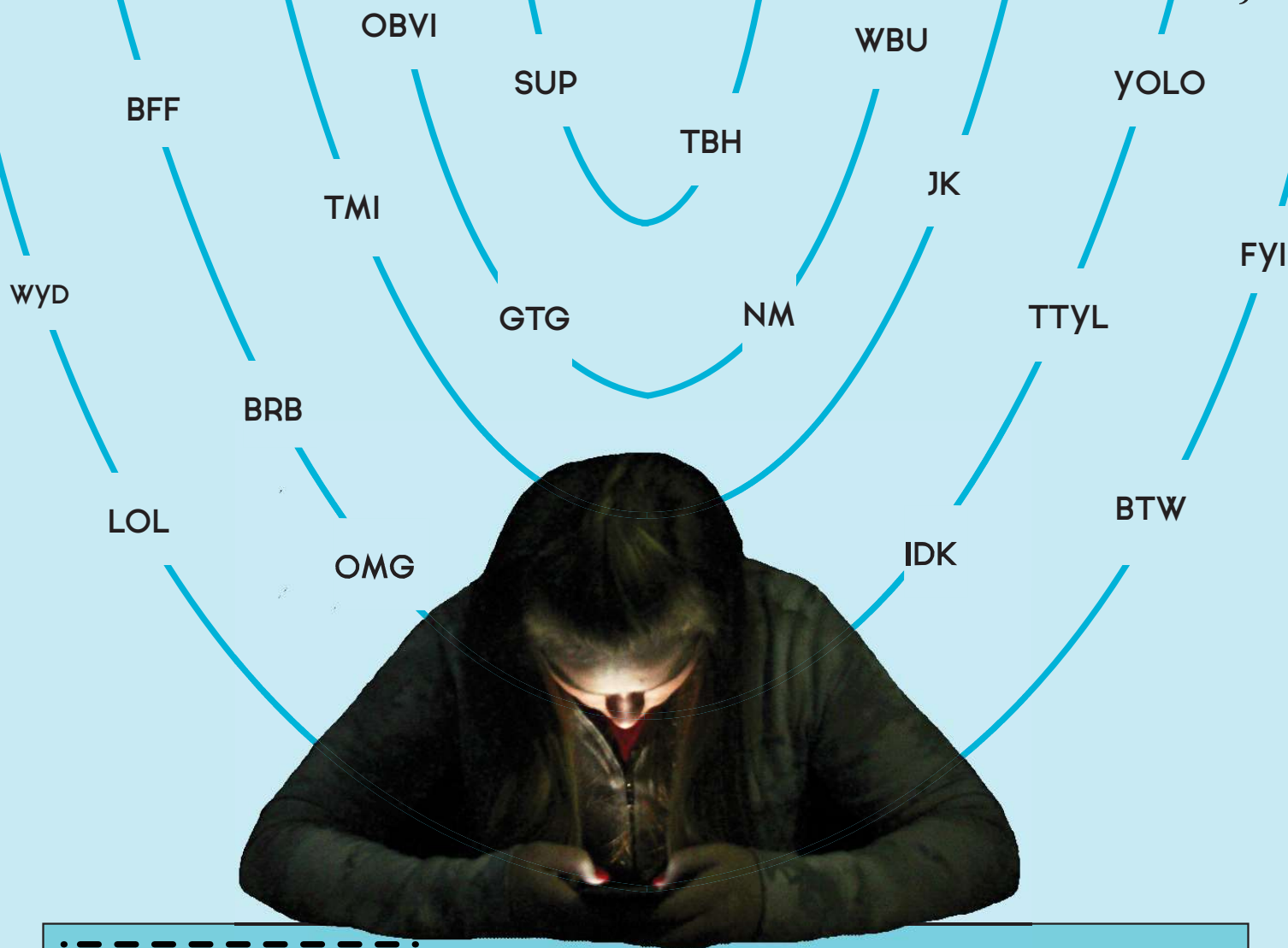
Top Used Apps

Students

Snapchat	Instagram
23 out of 60	7 out of 60
Netflix/Hulu	Games
12 out of 60	6 out of 60
YouTube	Facebook
9 out of 60	3 out of 60

Teachers

iMessages	Email or other
19 out of 25	6 out of 25



Think you have a phone addiction? Here's some solutions to help.

1. **Set app limits for your most used apps and stick to it.**
How to: click on settings - screen time - app limits - add limit
2. **Set downtime up on your screen time so you can schedule time away from your phone.**
How to: click on settings - screen time - downtime - turn it on and pick what hours you want to be off your phone
3. **Get a job, you'll be on your phone less and have money to spend on activities that don't include your phone. (actually get a job, don't say there aren't any available.)**