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### Cellular Distractions

As useful as phones are for being productive and social, they have become an inevitable distraction to a healthy and natural lifestyle. Unfortunately for users the addiction that comes from smartphones have many symptoms such as sleepless nights, 'text neck', deteriorate attention span, and even make you mentally lazy. Cell Phones have many qualities that are required in our busy everyday lives which is making phones a necessity to everyone. Despite how enjoyable cell phone usage is on a daily basis it has numerous negative side effects which are detrimental to the quality of your life.

The most common issue that that people are starting to realize, is that using your phone too much does impact sleep. Whether texting or checking Facebook, people commonly use smartphones before sleep thus keeping your brain stimulated at night having to put in more effort to doze off. Studies have shown people who use their phones in bed get a worse night's sleep than people who stay away from technology before going to sleep. Reasons behind that are the signals we send to our brains when using smartphones increases brain activity and alertness that increase the chances of having sleep anxiety. The impact from not having proper sleep from smartphones shows in the lack of performance throughout the day. Sleep deprivation from uncontrolled technology usage causes both mental and physical strain to our bodies.

Another popular side effect from using cellphones is something called 'text neck'. This is the hunched over position we begin to adopt when using phones, it adds strain to our lower spine and neck. According to the research done by Dr Kenneth Hansraj, when looking down at our phones it adds weight to the neck and spine therefore causing excess tension. 'Text neck' does not only refer to texting, also the way we play video games and emailing. As it is nearly impossible to avoid this position, the doctor suggests to make an effort to look at our smartphones in a more natural position to help avoid spending hours being hunched over. The way we hold and interact with technology is a very unnatural body posture and after a while will usually cause some harm to joints and ligaments. These are the physical attributes that constant phone usage will lead to.

Lowered attention span and mental laziness are tied into the fact that smartphones are fast, full of information and entertainment for any occasion. Studies have shown that since the early 2000's our attention span has gone from 12 seconds to 8 seconds with the help of smartphones. Goldfish now hold a higher attention span than humans. Although our weakness on holding a thought has decreased the same studies showed an increase in multitasking which is significant. Meaning humans are not becoming less capable but in reality simply adapting to the surroundings, but that is not always a good thing. We have become lazy with our imagination and creativity relying solely on Google for problem solving. We have less responsive cognitive skills than before with the rise of technology which in the long-term makes us lazy to recall information and have it all saved to our devices.

The last significant problem with smartphones is something called 'smartphone pinky' while there has not been much testing or studies to this theory our pinky figure is slow deforming. We are among the first generation to be born into the usage of technology. Generation Z as a few would call it is the new age of people that are born into this era feeling comfortable and feel safe around technology. As the rise of everyone owning a smartphone continues the reality of 'smartphone pinky' will most likely be an inevitable symptom people will soon experience.

The limiter has been broken and uncontrollable tweets, texts and video chats are the new social environment. The social media available only a tap away makes it so convenient that we often forego social interaction in favor of sitting at home reading Facebook or Twitter feeds. All the benefits from smartphones yet it acts like a poison without proper regulations. Staying too attached is problematic for most people making it impossible to disconnect and evidently will continue the way we all use smartphones.