

SMARTPHONES

Many people are glued to their phones these days, but is there anything that should concern you about this? Here the OSA suggest a few things to consider...



Camera care!



The camera. Don't take photos of people or share them without that person's permission. Turn off geotagging too to avoid people finding your location.



Sleepless nights?

Sleepless night? Turn off your phone an hour before bed. Your phone's bright screen stops the brain to stop producing "time to sleep" cues.



Turn off notifications

Turn off notifications from social media and games. Reducing time spent looking at your phone is healthy, but if it is beeping and vibrating at you this is hard!



Keep active!

The technology revolution has led to reduced physical activity and a range of health issues. Put down your phone and do some exercise!