

# 6 Reasons

## to Put Your Phone Away

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[www.innerdrive.co.uk](http://www.innerdrive.co.uk)



### Lowers Concentration

Having your phone out while doing homework or revision has been shown to reduce performance by 20%.

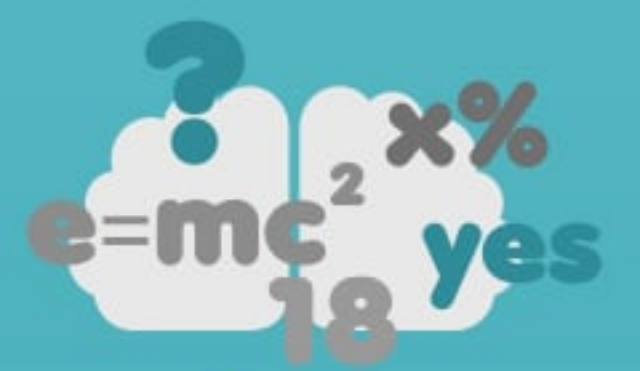
### Warps Your View of Reality

Nobody is as happy as they seem on Facebook or as wise as they appear on Twitter.



### Increases FOMO

Fear of Missing Out (FOMO), or the compulsive need to know what others are doing, leads to worse moods and increased anxiety.



### Reduces Memory

Instant messages are distracting, which often leads to forgetfulness



### Increases Stress and Anxiety

Over use of mobile phones leads to increased anxiety, feelings of loneliness and low self-esteem. Reliance on mobile phones can cause irritation, frustration and impatience.



### Makes You Sleep Worse

Prolonged use of a mobile phone leads to poor sleep quality and duration. The backlight on your phone delays the release of Melatonin, which is a hormone important for sleep.

