


How  
smartphones  
and gadgets  
affect our lives

The image features a dark gray background. On the right side, there is a thick, light gray curved line that starts from the bottom and curves upwards towards the top right corner. The text is positioned on the left side of the image, in a white, sans-serif font.



- Nowadays a lot of people have smartphones and other gadgets. They make our life easier and more ergonomic. But let's take a closer look on them.



# Advantages of using gadgets

- You always now about all news
- Everybody can search about all news in any category that starts from politics and ends fasion . It can be useful for work and another life aspects. For every useful for you will recognize as soon as posiple
- You can connect with everybody by social networks
- A lot of people use social networks. You can write message or call somebody who is far from your dislocation ,(maybe from another city or another country) and it is really useful you may call to your parents or write message for your friends , you can have good conversation without meeting, also it useful for work ,especially nowadays.
- Have a lot information that you can search
- Gadgets can help us to search a lot of information that you need. You can read books, watch guides , that will help you, to search some new and interesting information. It is useful and sometimes helpful function for us





- Entertainment
- Everybody know how it to seat and wait for train or bus, or something like this. It is really boring. Here help gadgets. You can play games, listen to music, watch cinema or videos. It help us not to fall asleep.



# Disadvantages

- Sedentary lifestyle
  - If you use gadgets or work by them, you always sitting. You not go for walk because it is boring
- Bad life connections
  - If you can write messages or call somebody sometimes it is not proof that you can have good conversation in real life
- Bad influence for health
  - If you spent to much time with your computer or smartphone and have siting lifestyle it can ruin your health. Obesity, poor eyesight , backpains, that all will follow you if lifestyle will not be changed
- Knock of sleep mode
  - You can lose count of time and go to sleep late

- You can love gadgets and useful of them nobody deny, but also you need watch for your health and other points, sometimes It Is difficult but very important for you