

Are you addicted to your mobile phone?

Here are some warning signs:

Constantly checking your phone for no reason

You feel **anxious or uneasy** if you think your phone is missing

You **avoid social interaction** to spend time on your phone



You are **easily distracted** by emails or smart apps

Waking up in the middle of the night to check your phone

Your academic or professional **performance has deteriorated**

How to overcome Nomophobia?



Acknowledge that you have an addiction



Try to leave your home without your mobile phone



Restrict some hours of use



Silence notifications

Nomophobia and digital sustainability:



If the internet were a country, it would be the sixth largest emitter of CO₂ in the world



Sending an email with an attachment is equivalent to leaving a light bulb on for 24 hours



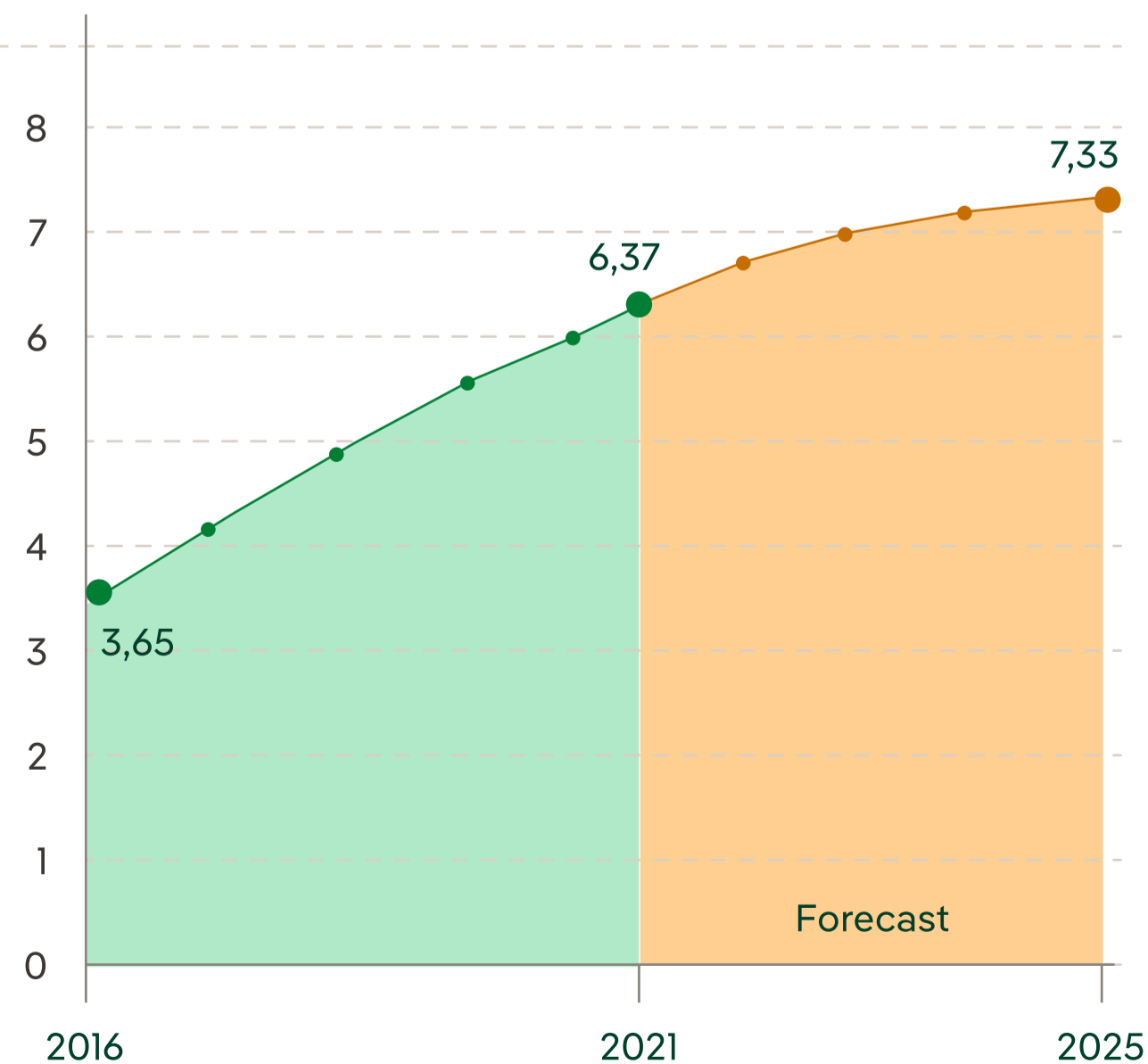
Up to 17 litres of water can be required to generate an AI image



People spend more time on screens (7 hours on average using TV, mobile phones or tablets) than sleeping (6 hours on average)

Statistics

Trillion



5.78 billion smartphone users worldwide



70 % of the global population uses smartphones



82 % of people have mobile phones

Sources: Co2gle Project (2016), French Environment Agency (ADEME), Infobae.com