Technology has advanced exponentially over the past centuries, with some being useful for factory usage and daily lives, but there are many that affect the lives of the current generations. Turning people in to walking husks. It’s difficult to deny that we all rely on technology, but we are getting to a point where our minds and lives are run from technology. But I’m not saying that cars or heating are bad as they seem necessary for transportation and warmth in a household, the main attention is on hand held devices. When cellular phones were first introduced, it was seen a useful tool to help us contact emergency services, friends and family. But now, we are attached to it! we use our phones non-stop, it’s probably safe to say that the normal function of a human body is breathing and cell phone usage. Sheri Hosale, an author who wrote about the negative effects on technology, claimed that youths around the world have one of the worse sleep habits. They are addicted to their phones and always have the need to have a constant stream of activities. The people prioritise entertainment more than their regular lives. But phones are only a small fraction compared to computer desktops. People from all over the world would spend continuous hours if not days rotting in front of the monitor. Reports from a “ranker” article stated that many middle-aged Taiwanese men died from cardiac arrest for playing video games 5 days straight. Students rather choose to use their computers for activities rather than doing homework as they just don’t care about it. And this has been going on for many years, kids and teens lose their pathing on life, and they fill their void by doing activates on their phones or computer. Children are also heavily impacted as their parents decide to buy them a tablet to keep them occupied. Unless proper parenting is imposed, the child will most likely spend their time away from other children. Basically, the memo here is that majority of the people are attached too their phones and that the rely too much on it, while there is the 1% who use it until they collapse and die. It can probably be easily combated with a bit of self-control, but who knows if that’ll work?