**Obsessed Much? Mobile Addiction Is Real**

According to the survey, which polled 2,000 US internet users ages 18 to 75, most people check their device approximately 47 times per day. And younger users? Well, they tend to check it with a significantly higher frequency—roughly 86 times a day. That’s an increase from the 82 times per day reported in 2016.

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<https://www.emarketer.com/Articles/Print.aspx?R=1016759>

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<http://www.thenewage.co.za/wp-content/uploads/2016/04/panic.jpg>