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Ingles III

Express & react!

Grado: 3°

Grupo: 'B'

I have a common problem: I use my phone too much at night. I usually spend hours on social media before sleeping. Because of that, I don't sleep well and I feel tired the next day. I think I should reduce my screen time and I must stop using my phone after 9 p.m. If I don't change this habit, I will keep feeling tired and distracted in class. I should also read a book or listen to music before going to bed. That might help me relax and sleep better.

If I sleep earlier tonight, I will feel more energetic tomorrow.

In my opinion, using the phone too much affects our health. I think that social media can be good, but we must learn to use it with limits. If we spend less time on our phones, we will have more time for real-life activities and feel better.