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EXPRESS & REACT!

Parcial 3.

INGLES I I I

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I have a common problem: I use my phone too much, especially at night. Sometimes, I stay up late scrolling through social media, and then I feel tired the next day. This habit affects my sleep and concentration.

You should limit the time you spend on your phone. You must turn it off at least one hour before going to bed.

If I stop using my phone at night, I will sleep better and feel more energized in the morning.

In my opinion, social media can be both helpful and harmful.

I think that it's great to stay connected with friends, but it can also become addictive and stressful. People sometimes compare their lives with others, and that can make them feel bad. I believe we should use social media in a balanced way and focus more on real-life activities and personal goals.