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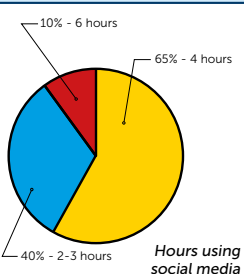
CAN'T SLEEP without his phone!

by Nancy Wheeler:
[@wheeler_well_informed](#)

JULY 2020

A study from Hawkins University released in May 2020 reports that 65% of teenagers between 13 and 15 year olds spend over 4 hours using social media every day, with 10% devoting at least six hours to the activity.

According to the scientists who carried out the study, those spending the longest time on social media also wake up most often at night, probably because their sleep is disturbed by notifications and the temptation to continue online conversations into the early hours.



Hours using social media

Percentage	Duration
65%	4+ hours
40%	2-3 hours
10%	6+ hours

An example of this is Anish S., a 16-year-old boy from New Delhi, who admits to being completely addicted to his phone. On average, he spends over 8 hours on social media every day, especially on Instagram and TikTok. When interviewed, Anish said that he couldn't sleep without his phone nearby, as he was anxious he would be missing a notification on his social media posts or unable to reply to a message right away.

One of the main researchers in the study, Millie Bobby, said these figures were worrying, especially because they had increased due to the COVID-19 pandemic, when a lot of teenagers had been forced to stay at home and used social media as the only way of interacting with their friends.

STRANGER THINGS

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STRANGER THINGS

Answer the following questions to help you find out if the article is real or fake.

1. How many articles have been published on www.wellinformedteens.com?
2. Where is Hawkins University?
3. The study mentioned in the article was released in May 2020. Is it available for people to read online?
4. How many tweets does Nancy Wheeler the journalist have on Twitter?
5. Look at the pie chart in the article. What's the total percentage of teenagers that the study refers to?
6. What's the connection between the author of the article, the researchers and the university mentioned?

1. How many articles have been published on www.wellinformedteens.com?

Answer: None, because the website doesn't exist.

2. Where is Hawkins University?

Answer: It doesn't exist.

3. The study mentioned in the article was released in May 2020. Is it available for people to read online?

Answer: No, because it doesn't exist.

4. How many tweets does Nancy Wheeler the journalist have on Twitter?

Answer: None, because the Twitter account doesn't exist.

5. What's the total percentage of teenagers that the study refers to?

Answer: 115%. This shows the graph is inaccurate.

6. What's the connection between the author of the article, the researchers and the university mentioned?

Answer: That they all refer to people and places in the TV show Stranger Things.