

NOMOPHOBIA



**Where is
my cell
phone?**

Do you¹

- Feel like thinking about your smartphone all over the day?
- Feel uncomfortable when you are not able to access information constantly through your Smartphone?
- Repeatedly check your signal and/or Wi-Fi ?
- Feel uncomfortable if you are not able to regularly access social media?
- Feel anxious if you could not check your messages regularly?
- Feel angry when you are not able to use phone?
- Use smartphone while driving?

Let us help ourselves²

- Limit the smartphone usage.
- Switch off the smartphone before going to bed.
- Keep your phone away from the place you sleep by at least 15 inches at night. This helps you to keep it in a safer zone.
- Delete the apps that are not required.
- Spend more time with friends and family.
- Cultivate the habit of reading books; Involve in sports.

Reference:

1) Shankar V, Singh K, Jangir M. NOMOPHOBIA: Detection and analysis of smartphone addiction in Indian perspective. Int J Appl Eng Res. 2019;13:11593-9.

2) Available at: <https://conceptresearchfoundation.com/2017/09/11/nomophobia-challenges-and-management-2/>. Accessed on 03-08-2020

For more information, consult your doctor

From the makers of

Petril

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