Smartphones are useful, but they can be distracting

Deloitte Global predicts that in 2018

Global adult smartphone users

45% will worry they are using their phones too much

45% will try to limit their phone usage in various ways.

2/3 18-24 year olds feel they use their phone too much

50 no. of times people look at their smartphone in 2017

<3% are truly addicted to their phones.