

AS BRITS SPEND 3HRS A DAY ON MOBILES...

WE spend more than a THIRD of our waking hours staring at screens, according to a study.

Researchers at Electronics Hub calculated that people in the UK tot up an average of three hours a day looking at their phones.

For a further 12 per cent of our day, we scroll through social media

By LEO ROBERTS

such as TikTok and Facebook. But experts have warned that excessive phone use is bad for us, causing anxiety, stress and affecting our sleep.

Psychotherapist Hilda Burke,

author of *The Phone Addiction Handbook*, says: "There's a correlation between depression and high phone use. But if we can pinpoint what's triggering our device addiction, we can take steps to reduce our dependence."

Take Hilda's quiz to see if you need to dial down your phone use.



Plot claims... Nuttall

Lawyers 'target of hubby's bombs'

By MIKE SULLIVAN

TWO barristers were targets of a bomb plot after helping confiscate £1million from a businessman's wife, a court heard.

Jonathan Nuttall, 50, is accused of planting two fake explosive devices.

He and associates are also said to have set off smoke bombs at Gray's Inn, London, in 2021.

Andrew Sutcliffe KC, and Anne Jeavons acted for the National Crime Agency in the recovery of assets from Nuttall's wife Amanda in 2019.

He recruited ex-Royal Marine Michael Broddle, 46, via his driver Michael Sode, 58, to spy on the lawyers, jurors were told.

Nuttall, of Romsey, Hants; Sode, of Lewisham, South East London; and Broddle's sons Joshua, 20, and Charlie, 18, of Hounslow, West London, deny leaving the devices.

Broddle admits it and possession of explosives. Old Bailey trial continues.



Tragic teen... Owen

Allergen diner law progress for Owen

EXCLUSIVE
by ISAAC CROWSON

THE family of a lad who died after eating a burger are a step closer to forcing restaurants to print allergen information.

Owen Carey asked for a plain chicken meal at Byron Burgers, where he was celebrating his 18th.

But it was soaked in buttermilk and Owen, who had a dairy allergy, went into fatal anaphylactic shock in 2017.

His dad Paul, 66, is campaigning for "Owen's Law", where restaurants must print allergen info on their menus and apps.

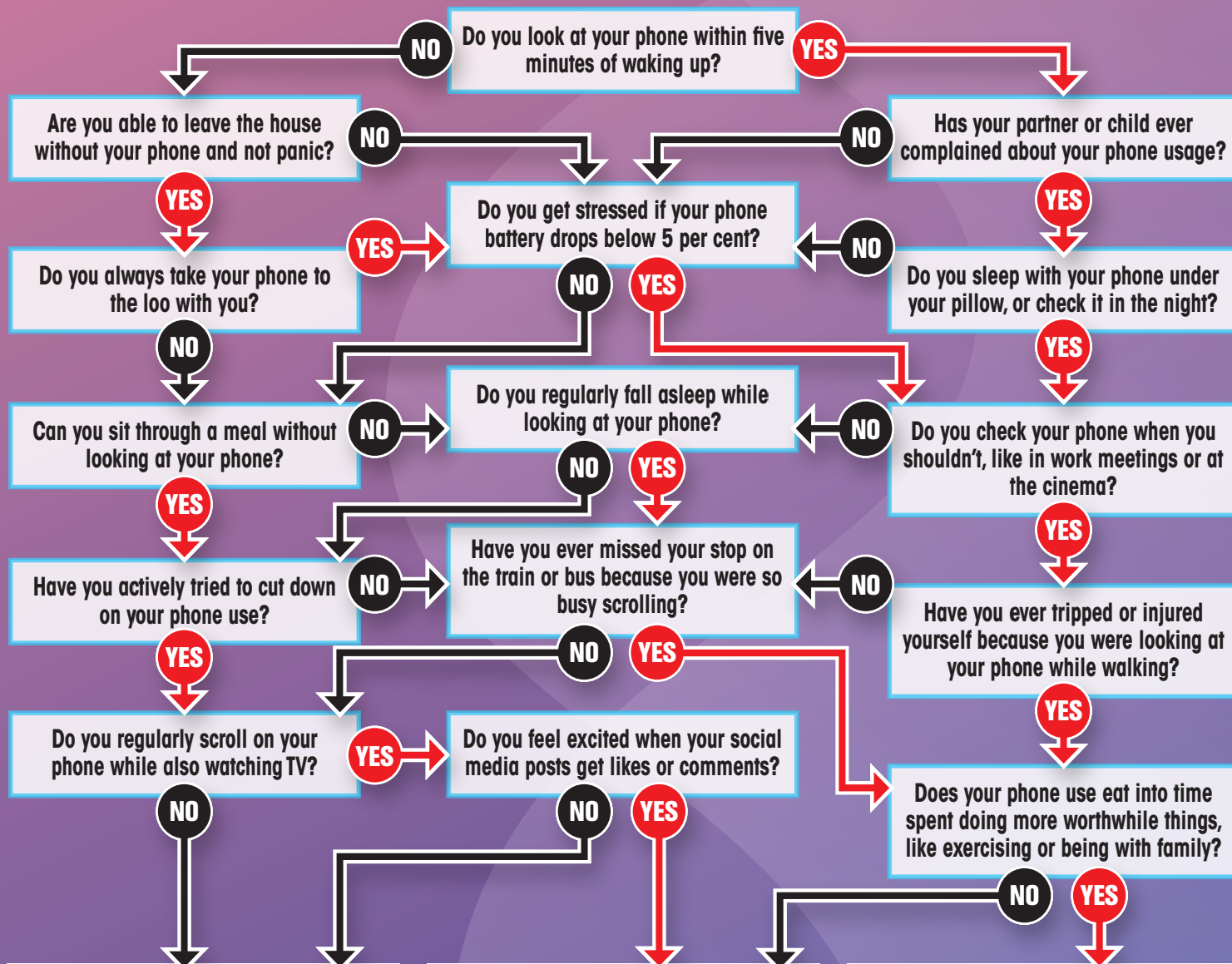
Paul, of Crowborough, East Sussex, said tightening laws would mean his son "didn't die in vain".

A coroner ruled Owen was "misled" by staff.

A petition has been signed by almost 13,000 and will be debated in Parliament in May.

The Government said it has discussed proposals with the Carey family.

Are you hooked on your phone?



LOW LEVEL USER

HILDA SAYS: "In our phone-focused times, you're the exception. Far from getting hooked on your phone, you're someone who isn't endlessly drawn to your device.

"But life changes, such as relationship break-ups or big news events, can dramatically increase how much we use our phones. A fairly moderate user may discover online dating, causing a spike in use.

"And it's easy to become obsessed. Some of the brightest minds on the planet are working on making us spend more time on our phones.

"Messages and likes give us a hit of dopamine, the 'feel good' hormone that's released when we feel rewarded. But the sensation doesn't last, so over time, we need more and more.

"To minimise temptation, turn off notifications, be judicious about joining group chats, and if you use WhatsApp regularly, change your status to 'busy'."

MODERATE USER

HILDA SAYS: "If you're worried you're spending too much time on your device, ask yourself: 'Does being on my phone make me feel happy?' Remember, following a yoga class on a fitness app will feel far more uplifting than spending the same amount of time looking at people's bodies on Instagram.

"To reduce the temptation to look at your phone, buy a cheap alarm clock and keep your mobile out of your bedroom at night.

"Changing your screen saver to an image of something you enjoy, or want to do more of, is also a great idea. It could be a photo of the kids, who you want to spend more time with, or your dog, which you enjoy walking. It could even be a gym selfie to remind you to work out. The more personal the image, the better.

"A simple 'Stop!' sign can work too. Most of us check our phones up to 100 times a day, so this image will act as a visual reminder not to."

HIGH USER

HILDA SAYS: "It's likely your phone use is impacting negatively on your mental health. And as with most addictions, the overwhelming emotion you feel when using your phone is guilt, because you know you could be using your time more constructively.

"Noting down exactly how much time you're frittering away each day on your phone can be a wake-up call and catalyst for change.

"You'll get a valuable insight into what triggers your habits. Maybe you spent more time on your phone when you were feeling anxious? Or perhaps you were with friends on those days when you weren't on your phone.

Start to carve out short periods where your phone is switched off, then gradually increase the wait period before checking it again.

Turning off your data and wifi could also help. You can still make and receive calls, but you won't get messages and alerts."