**Answer the following questions on the text in Unit 8, pages 94,95 and 96.**

Paragraph 1: How many hours a day do 11-15 year olds in UK spend daily in front of their computer screens?

Paragraph 2 : What is a worrying impact that the overuse of social media is having on our health?

Paragraph 3 : a) How is depression associated with the social media, according to an analysis in UK?

b) What are some side effects of social media overuse?

Paragraph 4 : What part of day plays a crucial role for a restful slumber?

Paragraph 5 : a) How can our melatonin levels be affected by our P.C screens?

b) “ Social media is deeply alluring and simply reduces the time we have for sleep.” Explain this sentence in other English.

Paragraph 6 : Can sleep deprivation lead to mental issues?

Paragraph 7: What can some side effects of lack of sleep be?

Paragraph 8 : Why are young people most adversely affected by sleep deprivation?

Paragraph 10 : a) What is the key to combat any downsides of social media use?

b) What should parents do so that social media stops bleeding into every part of their children’s lives?